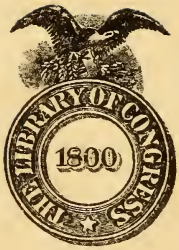

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Vitalic Breathing

Thomas Robert Gaines

Vitalic Breathing

By
Thomas Robert Gaines

Illustrated With
A Set of
Eleven Health-Building Exercises

Chicago
The Reilly & Lee Co.

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Vitalic Breathing

MAR 29 1921

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This Book,
Representing Years of Research,
Experiment and Practice,
Is Dedicated to Humanity

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Pictures of Mr. Gaines

The picture of Mr. Gaines in uniform was taken November, 1898, at the close of the Spanish-American war.

Measurements:

Height .....5 ft., 9½ ins.
Weight .....115 pounds
Chest contracted.....30 ins.
Chest expanded.....31½ ins.

Health and vitality in a most impaired state.

The frontispiece picture of Mr. Gaines was taken November, 1920, twenty-two years later.

Measurements:

Height .....5 ft., 11½ ins.
Weight .....185 pounds
Chest contracted.....36½ ins.
Chest expanded.....43½ ins.

Health and vitality in a supreme condition.

PUBLISHER'S NOTE

A man in the middle forties, with the superb torso of a trained athlete, the alert eye of youth and the elastic step of perfect health presented himself at my office in the late summer of 1920. He had with him the manuscript for a book to be "Dedicated to Humanity." In a give-and-take talk of half an hour the man "sold" me on the principles of Vitalic Breathing.

At a luncheon the next day my caller completely convinced a score of Chicago business and professional men gathered to meet him that he has discovered and put into practice a new and vital principle in breathing that will promote health, prevent disease, overcome fatigue and arrest premature old age.

Thomas Robert Gaines, the author of Vitalic Breathing, is a Cincinnati business man. An officer of our company, visiting

Mr. Gaines, found him to be in executive charge of the largest department of a commercial establishment doing an annual business of ten million dollars. In Cincinnati scores of men and women, old and young, and in all walks of life testified eagerly to benefits derived and cures effected through the practice of Vitalic Breathing.

Following the Cincinnati investigation, verifying the author's claims for Vitalic Breathing, his manuscript was submitted to an eminent Chicago physician who subjected the method to exhaustive clinical tests, with the result that the scientist endorsed the layman's discovery as sound in theory and a most important forward step in the development of the gymnastics of life.

Vitalic Breathing is given to the world as an absolutely safe and universally applicable way to health. It costs nothing to take; requires comparatively little time and will return dividends an hundred fold in renewed youth, increased vitality and immunity from disease.

Practice Vitalic Breathing and presently there will stir within your revitalized body the eager, rejoicing power to meet all demands. Any one can practice Vitalic Breathing. It

will benefit everyone. For it is the oxygen taken into the system through the lungs, and carried to every cell in the body by the blood, that at once gives us life and the consuming power that burns away the poisons that clog the human system and bring disease and death.

FRANK KENNICOTT REILLY.

INTRODUCTION

From earliest recorded time, intelligent humans have noted the vital and stimulating properties inherent in air.

The "pneuma" of the old Greeks was actually considered a bit of the same ethereal warp and woof of which the spiritual essence of the man was woven. Modern science recognizes in this shrewd guess of the inspired philosophers and medical men a startling resemblance to a wonderful truth.

For, if oxygen be not a part of the vital spirit that animates us, it is, nevertheless, the most important of all means for maintaining that spirit in statu quo—for a time.

Taken into the lungs with each breath, it purifies the system, and neutralizes the accumulation of carbon dioxide that depresses and devitalizes body and mind.

Carried to every minute cell in the body by the coloring matter of the blood, oxygen

burns waste products—products that kill as surely as does curare — the deadly poison of the Orinoco Indians.

Indeed the putrefactive material with which the savage tips his darts and arrows is of a piece with the substances formed when organic cells break down in putrefaction.

So there exists a profound need for breathing deep of the sweet draught that cleanses blood, body and brain; that reinforces and makes courageous every microscopic soldier in the valiant army of organic defense. This fact is quite as definitely established as is the multiplication table, or a chemical equation.

So when, to all the great and fundamental truths of purification and rejuvenation by air, we add a unique and approved method of forcing into every cell of the lungs the vivifying gasses, there *must* be physiological gain.

The method of "lung-cell packing" devised by Mr. Gaines in this little book is physiological. It is solidly founded upon principles accurately and conclusively established.

Except in grave pathological heart conditions—fortunately very rare—Vitalic Breathing cannot possibly do any harm. In every other condition it *must* accomplish great good — not only in aerating the blood, and in oxi-

dizing substances which may become active poisons, but also in activating all the functions of digestion and metabolism, and in promoting a richer and fuller expression of life in every individual who has the great good sense to adopt the method.

It has my hearty endorsement.

EDWIN F. BOWERS, M. D.

Author of *"Teeth and Health," "Bathing for Health,"* etc.

AUTHOR'S FOREWORD

Vitalic breathing offers to mankind a sound and certain way to health, a cure for fatigue, a preventive for disease and one of the most potent allies in the battle of life against premature old age.

The Creator intended each one of us to be well. Disease is evil. Within each human body are powerful elements to fight this evil. Correct breathing, proper diet and exercise are Nature's weapons against disease.

An adequate supply of oxygen, taken into the system through the lungs and pumped through our arteries by the heart, is vital to life. Hence, Vitalic Breathing. Oxygen in the blood consumes — or oxydizes — the poisons that harass mankind. Proper food stokes the human furnace, and sane exercise keeps the body fit. *But oxygen is the vital spark.*

If men and women will but realize that

freedom from disease and premature old age is within their reach, that all they need do is simply to reach out and secure the priceless prize, good health, the prize is theirs. Not only good health but in addition poise, the joy of living, happiness, normality, tranquil nerves, and life in harmony with Nature, all will result from the systematic, daily practice of Vitalic Breathing.

You Want Good Health?
It Is Yours for the Taking

Why quarrel with Mother Nature? Why must she visit you with all kinds of maladies before you use your reason and common sense to discover the cause? Simply because you are ignorant of the fundamental laws of health, particularly as applied to breathing.

Every day great numbers of cells in your body are being torn down. Daily, quantities of these worn-out, dead cells are cast into the blood to be eliminated. Constantly, new cells are being built to replace those destroyed, and this process is continuous while you live.

If you are living properly your cell-building is constructive. If you are not living in accordance with the laws of Nature your dead cells

are piling up in your system, and trouble looms ahead. How best can this poison in your blood be thrown off, so that the scarlet life stream will be as free as possible from this unhealthy condition?

There is one definite and certain way of burning up this noxious element, and eliminating these body toxins and wastage; and that way is by the daily, systematic practice of Vitalic Breathing. The plentiful supply of oxygen introduced by this breathing method burns up these poisons, and at the same time enriches and purifies the blood. Only oxygen can perform this blood-cleansing for you. The world is full of misfits, incurables, sickly, morbid men and women, who are unfit mainly because of a lack of understanding of the proper method of breathing.

If it were possible for me personally to carry Nature's healing message to the millions who suffer all over America; if my voice could reach the ears of all those who are tired of living because of inefficient and handicapped bodies — if this were possible, my oration would be brief:

"Breathe Nature's way and know the joy of health."

You men and women with lazy livers, get

busy with Vitalic Breathing. Breathe, breathe, wake up those organs that are not toeing the mark, get new vim and energy into that sluggish liver, and it will be but a short time before you begin really to live again.

Those painful headaches and backaches, banish them quickly from your life by Vitalic Breathing. Breathe, pack, pack full your lungs, put new life and energy into each cell and every drop of blood in your body. Your whole being is crying for oxygen; sniff deeply now and become really alive and well.

Why Be Miserable and Fearful When Fresh Air Will Make You Well

Sufferers from blood pressure and hardening of the arteries, how long will you be miserable and fearful? Why will you not recognize the fact that a very considerable part of the under-oxydation process that is responsible for your trouble is due to a deficiency of oxygen! Sniff, sniff, sniff!

Do not hesitate to make as much noise as possible as you sniff; exercise your nose and every part of the respiratory passages.

Do not keep that dead air in your lungs. Forcibly expel each breath, when you have absorbed the oxygen in it.

Vitalic Breathing means a new life for all those who suffer. Why delay putting into daily practice the most wonderful health help on earth, Nature's own breathing method?

Every Woman May Have
A Clear and Lovely Skin

Faces that are marred with pimples and blotches often will change to velvety softness and an unblemished skin when Vitalic Breathing is made a part of the daily life program. Women who value a lovely skin — and what woman does not? — should practice Vitalic Breathing for at least five minutes every night just before retiring. A gentle facial massage may be executed at the same time. Within thirty days a pleasurable transformation will have taken place, and you will continue to invoke the aid of Vitalic Breathing as a beauty factor ever afterward.

If you are nervous and discouraged Vitalic Breathing will cheer and encourage you. You cannot remain in the negative atmosphere if you breathe Nature's way. Breathe down to the very bottom of your lungs; exhale all those mistakes that tend to dishearten you; sniff in the magic, rejuvenating powers of the air that encompasses you.

As your blood becomes infused with the tang and magnetism of abounding oxygen, and the waste and poisonous element is consumed, your nerves will take on new and giant force; you will become positive, fearless and dominant.

Don't grow old; let Vitalic Breathing help to keep you young and ambitious. The stiffening and contraction of old age will pass you by for many, many happy years if you put up the flag of Nature:

"Vitalic Breathing practiced here."

Vitalic Breathing

CHAPTER I

WHAT IS VITALIC BREATHING?

The Vitalic Sniff — health giving lung gymnastics. Quick action, more oxygen, less disease. Eliminates lung and muscle fatigue; promotes poise; smoothes the disposition.

Vitalic Breathing means *inhaling in sniffs and forcibly exhaling.* This sniffing increases lung capacity, normalizes heart action, deepens the chest, improves the body posture, squares the shoulders, and energizes the entire body.

Vitalic Breathing is all that its name implies — vitalizing, energizing, stimulating, health-promoting.

Vitalic Breathing is curative and disease-preventing.

Vitalic Breathing is a potent enemy of nervousness and inefficiency.

Vitalic Breathing is the conqueror of lung

fatigue and shortness of breath, and reduces muscle fatigue.

Vitalic Breathing will brighten your eye, make your body more elastic, and steady your nerves.

Vitalic Breathing will give pale cheeks the healthful, ruddy glow of the man who lives out-of-doors.

Vitalic Breathing is one of the surest means yet discovered for exercising the internal organs of the body and bringing about the perfect health that comes from normal functioning.

An Important Forward Step In the Care of Your Body

Vitalic Breathing is your waiting, ever-ready, faithful slave anxious to serve you day or night, winter or summer.

Will you now take Vitalic Breathing into your life?

Will you breathe Nature's way for a little time each day, knowing that the compensation will be good health and joy of living?

Will you believe in Nature, will you live her way, and breathe as she would have you do?

Scientifically explained Vitalic Breathing is a sound method of exercising the lungs, devel-

oping the chest, and increasing the motility and function of the abdominal and pelvic organs.

It is an absolutely safe form of exercise; requires comparatively little time, and costs nothing to take (no apparatus being necessary). It undoubtedly represents a most important forward step in the development of lung gymnastics.

For years it has been a well known fact that systematic, rythmic exercise of any muscle in the body will develop that muscle. The act of breathing results from the movement of certain muscles in the chest, hence the above statement applies also to them, — i. e. — these muscles can be developed with proper training.

Vitalic breathing is produced by a sharp, quick action of the diaphragm, the intercostal, the pectoral, and other muscles of the chest while inspiring. The mouth is closed during both inspiration and expiration, the nose being used for both the entrance and the exit of the air.

To begin the practice of Vitalic Breathing start inspiring or drawing in air by two or three short, sharp, quick sniffs through the nose, with mouth closed, and expiring or expelling the air with one full, rapid, deliberate breath, also through the nose and with

mouth closed. The expelling time is equal to about two-thirds the time of the two or three inspiring sniffs.

Simple and Pleasant Way Of Winning Perfect Health

The simplest and pleasantest form is to practice Vitalic Breathing while walking, using a sniff to each of two or three steps, and exhaling or expelling the air with the next two steps. In other words, in walking four or five steps sniff, or draw in air, during the first two or three steps, and expel the air during the last two steps. There is no hard and fast rule as to the number of sniffs. Each individual may adapt the system to his own liking.

In order to properly value the sniff method and its effects it is necessary to compare it with ordinary breathing.

Under ordinary circumstances the act of inspiration takes up less time than does the act of expiration; also there is a slight pause after expiration. With the sniff breathing method, on the other hand, the time is equally divided between inspiration and expiration, and no time is lost.

Again: in ordinary breathing the enlargement of the chest is largely a muscular act;

Be an upstanding man. The secret of good posture is freedom and ease.

the diaphragm, the external and internal intercostal muscles being chiefly used. The expansive movements in the lower part of the chest are greater than those of the upper. Under the sniff breathing method, on the other hand, in inspiration the greatest movement occurs in the upper antero-posterior diameter of the chest, due to the fact that in addition to the previously mentioned muscles the pectorals and trapezius muscles also are used.

Ordinary Breathing Will Not Accomplish This So Readily

And that is not all, for, in addition to the function exerted by the muscles external to the lung, the muscular fibres of the air-vesicles and bronchial tubes possess a contractile power which, when forced expiration is practiced, (as by this method of breathing) assist in expiration, and consequently make possible the removal of some residual air from remote parts of the lung which is heavily loaded with carbon dioxide, and is therefore a detriment to the blood, and a depressent to the system.

By this method of breathing, air cells which ordinarily are seldom used are filled with air — also the normal capacity of all normally

used air cells is increased to a considerable extent.

What does this mean? It means that more oxygen is brought to the lungs, and this in turn means that the blood absorbs more oxygen. As a consequence there is a more rapid exchange of oxygen for carbon dioxide, the waste matters of the blood are more rapidly burned up, and the ultimate effect is that the natural defenses of the body against disease are increased.

In other words, the mechanism of the whole breathing apparatus is thus exercised and enlarged and made to do more than it ordinarily would be able to do. *All this can be accomplished without any undue tax or strain on the body.*

Why You Get Tired and How You May Avoid Fatigue

Physiologists have known for many years that the more quickly the movements of respiration are performed the larger is the proportionate quantity of carbon dioxide expired, i. e., the larger the amount of air inhaled in a given period the larger will be the amount of carbon dioxide exhaled.

Vitalic Breathing favors quick action,

and therefore a larger amount of air is inspired than would be the case under normal breathing.

Fatigue is evident whenever the blood becomes overcharged with carbon dioxide and the products of cell destruction. It usually results because of inability of the blood to have its wastes oxydized as rapidly as they are produced, and a condition known as acidosis sets in.

Burn Up Your Waste Matter And Give Your Blood Fresh Oxygen

Therefore, if you wish a new lease on life; if you wish to make the body stronger; if you wish to keep the body young, it is necessary to burn up the waste matter in the blood in the most complete manner possible. This can be done by supplying the blood with more oxygen by way of the lungs, through proper rythmic breathing — that is, Vitalic Breathing.

Another thing which is very noticeable while Vitalic Breathing is practiced is the fact that there is produced with each sniff a very sudden and forcible retraction of the abdominal wall, causing movement of practically all of the contents of the abdomen, as well as the

pelvis, i. e., every abdominal and pelvic organ is set in motion with each sniff.

Due to the suddenness of the movement, contraction, and later dilation of all the abdominal and pelvic viscera occurs. That these effects will be beneficial in indigestion, due to stomach or bowel inactivity; that they will rout constipation, and all conditions produced by a sluggish state of the alimentary tract, is obvious. Under this method of breathing the abdominal organs receive *active* exercise, while under normal breathing only *passive* movements of the organs take place.

If You Would Know Real Joy Just Try This Way of Walking

As you become accustomed to the daily practice of Vitalic Breathing, while walking at an average gait inhale three times covering three steps, one sniff at each step; then forcibly exhale through the nose the air taken in by the three sniffs, covering the next two steps; thus one full inhalation of three sniffs and one exhalation to cover five or six steps in all. After this system is used some time and your lung capacity increases, you may inhale four or more times, always inhaling through the nose.

Never breathe through the mouth while walking.

Personally, when I walk rapidly I use the following method of breathing: one deep sniff covering the first step, two short sniffs covering the second step, then forcibly expelling the air through the nose at the next step. This system not only reduces lung fatigue to a minimum, but also enables you to walk with great rapidity, with little or no muscle fatigue.

Sometimes I change off to three-sniff breathing, and when walking very fast I resort to two sniffs and one exhalation covering three steps in all. Each individual must find out for himself the sniffs most suitable for walking.

For ordinary running Vitalic Breathing is usually found most useful by executing it in the following manner:

As you begin to run sniff in strongly for two strides and exhale forcibly covering the next, in all three paces for the full inhalation and exhalation. This system of breathing must be practiced continuously while running.

If you feel that you have taken in too much oxygen, then allow two paces for the exhalation. If greatly winded, practice single sniff breathing for a little while; sniff in for one stride and exhale at the next. Half a dozen

such strides will usually remove the cause of your lung distress.

Never breathe through the mouth while running. Read the Section on walking and running for fuller instructions.

Climb Stairs and Hills— Cut Out the Elevators

Climbing is a wonderful health aid, if proper breathing is employed while you climb. Do not take the elevator unless absolutely necessary; use the stairs and practice Vitalic Breathing, and lung fatigue and shortness of breath will scarcely bother you at all.

For climbing hills and stairs practice Vitalic Breathing as in running. Hold the body erect and inhale in sniffs twice, covering the first two steps; then forcibly exhale at the third step. At the fourth and fifth step inhale as before; at the sixth step, exhale. Make this breathing continuous while mounting stairs or climbing inclines. Do not fail to use the nose exclusively for inhaling and exhaling.

When you exercise sniff in twice, then forcible exhale. Endeavor to fill the lungs during the time you are undergoing the most severe strain; as you relax, exhale. Never

It is essential to the health of women to learn to enjoy long daily walks. Wear common sense, practical walking shoes.

exercise with the mouth open, always use the nose for inhaling and exhaling.

In golfing, tennis and dancing, for best results sniff in twice, covering two steps, exhale forcibly covering the next step or two steps. Don't forget to keep your mouth tightly shut, and make your sniff breathing and forcible exhaling continuous or almost continuous as you play golf or tennis, or while you dance. Vitalic Breathing thus executed will practically eliminate lung and muscle fatigue.

Many singers recommend Vitalic Breathing. They say that a *short sniff will draw in as much air as an ordinary breath;* besides, the voice and its carrying power is strengthened and improved, and the resonance is increased, because the entire "resonance chamber" — the oral cavity, the naso-pharynx, and the air chambers of the head have been stimulated by Vitalic Breathing to their healthy, normal condition.

Study carefully the various corrective exercises and apply those best suited to your needs. While undertaking any strain, inhale in sniffs and forcibly exhale as you relax. Walk half an hour every day, employing Vitalic Breathing, and your walk will be most

enjoyable and healthful because of absence of fatigue. Run for a few minutes some time each day; running becomes a positive pleasure and health promoter when Vitalic Breathing is practiced.

Everyone needs Vitalic Breathing — the well, the sick, boys, girls, men and women, all will equally profit by its daily execution.

Nervousness yields to the poise-promoting influence of Vitalic Breathing. Tangled nerves will become untwisted; sensitive, hysterical, unstrung dispositions will grow normal. Vitalic Breathing stands for physical and mental perfection.

Adopt Vitalic Breathing *today*. Make it a part of your daily life and it will make that life worth living.

CHAPTER II

IMMUNITY FROM DISEASE

How to regulate the sniffs. The value of a good walk. Shoes and sense. Run without losing your breath. Close your mouth and open your lungs. Vitalic Breathing is elastic.

If we practice the right kind of living by keeping ourselves at a high level of physical fitness, we are storing up within our bodies Nature's ammunition that will make us immune to disease.

Fill every cell in your lungs with fresh air, while walking briskly in the sunlight, by the daily practice of Vitalic Breathing and your tissues and fluids will produce conditions and substances that resist and even devour the germs which you carry now, or with which you will almost inevitably come in contact today, tomorrow, and thereafter.

Dr. Royal S. Copeland, Commissioner of Health, of New York City, says in a recent article:

"Tuberculosis is a house disease. It is

fostered by bad housing, poor ventilation, lack of sunlight, dust — by all the conditions of bad housing.

"Under-nourishment from lack of food, or improper food, is an important factor.

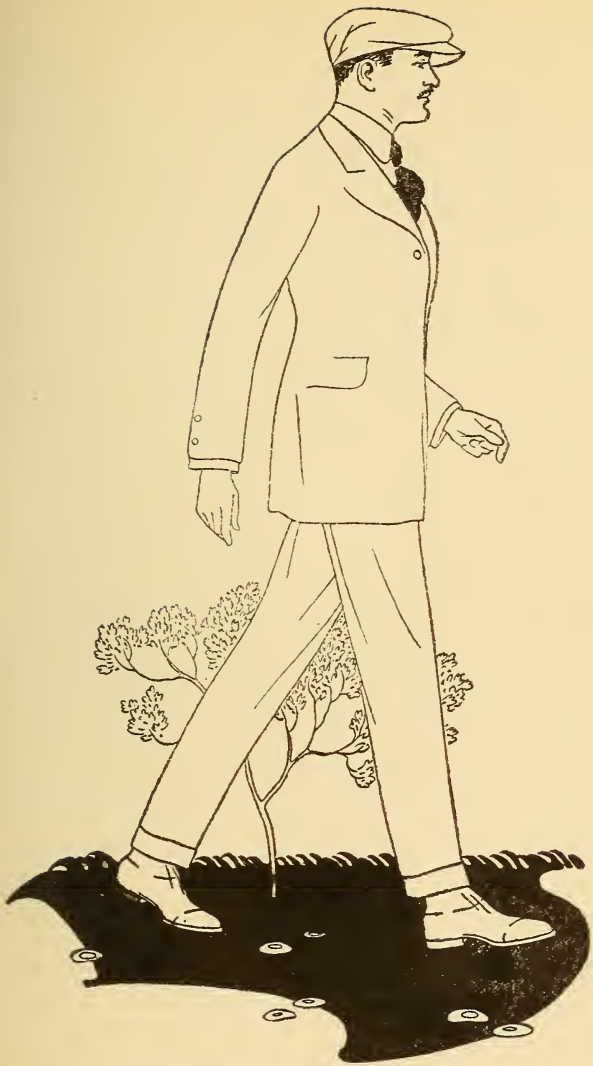
"Worry, doubt, unhappiness — we cannot escape the effects of the mental state.

"Fortunately, the germ of tuberculosis is a lazy, inactive, easily-killed organism. A few hours in the sunlight ends its career.

Our Grandmothers Were Wise Even if They Were not Scientific

"Our grandmothers, even though they did not know the scientific reason for doing many things, were wise in their day and generation. They used to hang the bedding and the contents of the closets on the clothes-line "to sun." "Sunning" will kill not only the germs of tuberculosis, but also pneumonia germs, and probably the germs of a lot of diseases we little understand as yet.

"We spend more hours in the bedroom than in any other single spot. Our lives are likely to be made or broken by the kind of places in which we sleep. No matter how small the room, it should be arranged to get the maximum of air."



A brisk ten minutes' walk in the afternoon and a long walk after the evening meal will do much to banish sleeplessness.

Fresh air, sunlight and good food — thus Dr. Copeland indicates what your body needs. I add exercise, with Vitalic Breathing.

The health of your entire body may depend upon the amount of walking you do each day. Walk for at least fifteen minutes daily, and walk briskly for best results. Endeavor if possible to walk for an entire hour every day. Continually practice Vitalic Breathing as you walk, using the nose exclusively for inhaling and exhaling.

A Real Walk Every Day Is a Certain Path to Health

It is essential for the health of women to learn to enjoy long daily walks. Women's walking clubs should be formed in every community. The greatest care should be taken of the feet. Visit the chiropodist at least twice a year, and never wear shoes that pinch or bind the foot. This applies to men and women.

High heeled shoes are an abomination for women, as they may throw the entire bony structure of the body out of poise, and cause endless trouble and pain. Wear common sense, practical walking shoes during the day, and if you must wear high heeled shoes adopt

them for evening wear only. Rubber heels are a great aid to walking, as they prevent jar and noise and give resilience and spring to the step.

If all the other physical exercises were barred to mankind, walking alone will keep him fit, healthy and happy; and walking is doubly enjoyable where it may be done with little or no lung fatigue, by zealously practicing Vitalic Breathing.

Walking is Nature's own perfect exercise, it improves every part of your body, it vitalizes the blood, it helps to sharpen up the powers of vision and hearing, and often banishes constipation, nervousness and insomnia.

An Ideal Walking Method For Use When on the Streets

Learn to walk correctly and to breathe properly, and a new life will shortly unfold itself to you.

While walking, govern your breathing by the character of the ground and the rapidity of your movement.

Here is an ideal method for the average person walking at an ordinary pace along the street, or on level ground.

Inhale in sniffs four times while taking four

steps, hold the breath for the next step and then exhale forcibly during the next two steps; thus the entire period of inhaling and exhaling is extended over the time of taking seven consecutive steps.

If you increase your pace, you may use the same method, excepting, however, the holding of the breath for two steps: that is, you inhale four times covering four steps, and then immediately exhale covering two steps. In very rapid walking, inhale three times for three steps and exhale forcibly at the next two, making five steps in all.

We use the words "three times," "four times" because the breathing is to be done in sniffs, *one sniff per step.*

When you are walking down a decline, simply take slow, long deep breaths or inhale eight or more short sniff breaths and let them out gradually.

After a few weeks of walking practice with Vitalic Breathing, you will learn the number of inhalations and exhalations best suited to yourself. There is really no hard and fast rule by which you are to be governed, for individuals are differently constituted in regard to lung power and breathing capacity, and you must regulate your breaths to suit your-

self. The majority of men and women will be best suited by the schedules given in detail in Chapter III.

You Can Run and Enjoy It If You Use Vitalic Breathing

While running, Vitalic Breathing is used somewhat differently. If you begin to run slowly inhale in sniffs at each step for three steps, then immediately exhale forcibly for the next two steps. Do not hold the breath as in walking. In more rapid running, inhale twice and exhale forcibly at once, covering two steps, inhaling and exhaling thus for four steps. In very rapid running, inhale twice for two steps, and exhale forcibly on the next step, covering three strides in all.

If greatly winded, rest the lungs by inhaling deeply at one step, and exhaling forcibly at the next, continuing this until you have restored sufficient oxygen to the blood. Usually a dozen such breaths is enough.

Remember that while running the breathing should be continuous, inhaling or exhaling. This method burns up fatigue-waste almost as soon as it is produced. By this method you can run a considerable distance without being winded or distressed.

She should change her shoes. High heels throw the entire bony structure of the body out of poise and cause endless trouble and pain.

Every man, woman and child who earnestly desires good health and a long life should run for two or three minutes every day, using Vitalic Breathing while running. This time may be continuously increased if the running is thoroughly enjoyed.

A good system of exercise consists of combined walking and running. Walk briskly for three minutes, then run for one minute, then begin the three minute walk, then the minute run, and so on for half an hour or longer.

If you could but realize the wonderful power for good that systematic daily walking and running is, how quickly would disease and fatigue melt away, and invalids would become mightly scarce in our good land.

Children Should Be Instructed As to the Proper Method of Breathing

Children should be taught to use Vitalic Breathing while running, as it tends to prevent the heart-strain which is often so prevalent in school children.

Sunlight is a marvelous tonic for weak lungs. Face the sun and take twenty upper breaths, keeping the eyes closed if the light bothers you. Then, step into the cool shade

and take an equal number of upper breaths. The warm rays of the sun will relax the lungs, then the cool air will stimulate and energize them to new activity.

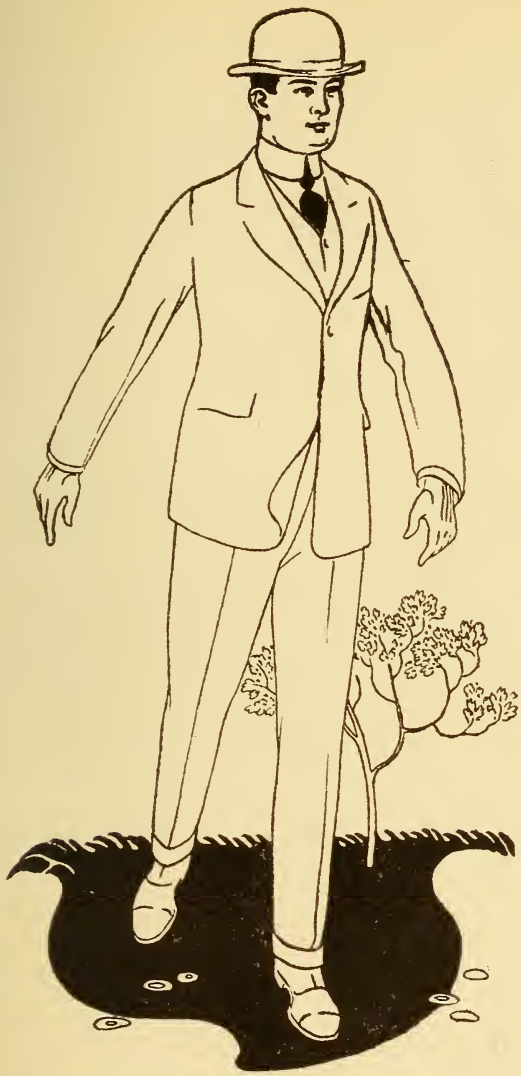
Be sure to exhale forcibly. If you are suffering from any lung or heart trouble consult your doctor before taking these exercises.

Remember to hold the body erect while walking or running. This is of great importance to your health.

Breathing Through The Mouth Distorts Faces That Might Be Beautiful

If mouth breathing has been a habit, it may be quite easily corrected by disciplinary exercises and will power, and by the removal of mechanical sources of obstruction from the nasal passages. The mouth should not be used for breathing. Many beautiful faces distorted by mouth-breathing can be made attractive in contour and to glow with health by corrective breathing exercises.

Special attention should be given to children who breathe through the mouth while sleeping. This habit will automatically cease when Vitalic Breathing is daily practiced, but if allowed to continue it becomes a serious menace to health.



Remember always to hold the body as erect as possible while walking.

When you have practiced Vitalic Breathing for several weeks, then you may try out my own special advanced system which I use when walking at the rate of six or more miles an hour. At the first step sniff once, while taking the second step take in two short sniffs, exhale covering the next step. This makes a rhythmic breath and you can walk with tremendous rapidity for miles and miles without being in any great degree lung or muscle fatigued.

Occasionally, while on a long hike, you may change to four consecutive sniff inhalations for four steps, then exhale covering the next two steps. This helps to relieve the monotony of the first mentioned method.

Weather Conditions Make A Difference
Work Out Your Own Breathing Program

Weather conditions often make a great difference in the atmosphere relative to breathing. On a cool day you may thoroughly enjoy four sniffs for four steps; the next day three sniff breathing suits you much better because of different weather conditions. Occasionally after exhaling walk a few steps without inhaling.

Remember Vitalic Breathing is elastic, and

each and every individual must work out a sniffing schedule best suited to himself. The chief thing to keep in mind that a certain time daily must be devoted to the practice of Vitalic Breathing.

FIGURE ONE

An excellent exercise for women and girls. Develops the arm and shoulder muscles and tends to promote the growth of the hair.

Directions—Separate the feet so that the heels are about twelve inches apart. Exhale and bend the body directly over to the front, arms hanging down loosely (*Figure 1*). Keep the eyes looking at a point between the toes during the arm swingings. Now throw the arms as high as possible to the left side.

FIGURE TWO

Let the right wrist curl loosely around toward the neck for a moment (*Figure 2*). Then swing the arms over to the right side (*Figure 3*), hold for a moment and swing back (*Figure 2*). The knees must not be bent at any time during the execution of this exercise. At all times the arms must be loose; no rigidity must

FIGURE THREE

be in evidence while swinging the arms from side to side. One or two minutes practice of this exercise is usually sufficient at one time.

Breathing Directions—Sniff in twice, and exhale at once, continuously through the nose during the practice of the Internal Breath.

CHAPTER III

THE JOY OF EXERCISE

Make your body obey your will. Vitalic Breathing a somnifacient. The Vitalic Sway, the Internal Breath, the Upper Breath — sniffs to health. The Obesity Bend — the fat man's delight. The Vibration Breath — can you trill? The Tensing Breath — an awakener.

When you have mastered the first principles of Vitalic Breathing you will be ready to select the exercise, or exercises, best suited to your habit of life and your physical condition. Between each chapter of my book are inserted a series of pictures illustrating the various exercises that I shall touch upon briefly in this chapter.

You Can Find No Greater Joy Than Varied Exercise, Sanely Used

With each set of drawings are printed my instructions for the use of the exercise. The individual reader will determine which ones will be best adapted to his use.

Pick out your exercise, or exercises today.

Experience the joy of making your body obey your will. Do not make the mistake of attempting too much. But be sure that you do — *every day* — the exercise you select for yourself.

Five or six minutes devoted daily to the stretching and breathing exercises will help to keep you in prime condition. These are scientific, curative and corrective exercises for the building up of the entire body. Incorporate them in your daily health program, and increased vitality, health, strength and vigor will follow.

Morning is the Ideal Time For Exercise — Try Breathing At Night

Remember that the *morning* is the ideal time for exercising, but you can practice before retiring, if it be found impracticable to perform the exercises in the morning. Many who suffer from nervousness cannot sleep well if they exercise before retiring. They should exercise in the morning and simply take the breathing at night.

Vitalic Breathing is most generally a sleep producer. A cold spray, or shower, should follow the morning exercises. The water may be gradually cooled, if the sudden con-

tact of cold water is found disagreeable. Exercise always at an open window, or out of doors.

It is not absolutely essential for good health to take stretching exercises, providing you walk rapidly at least half an hour daily breathing in sniffs. However, even three minutes systematic daily stretching will prove of the utmost benefit to your muscles and internal organs.

Try the Vitalic Sway— It Will Work Wonders for You

The Vitalic Sway stretches, stimulates and strengthens the entire body, and particularly the muscles of the abdomen. It is especially useful in constipation. It may also be used as a concentrative exercise. Stand erect, feet apart, then bend the body and head over as far as possible to the left side, avoiding a tendency to lean backward or forward by keeping the head in line with the legs. As you proceed to bend the body raise the right arm as high as possible well above your head and over to the left, touch your left leg as far down as possible with the left hand and raise the heel of the right foot off the ground. Then reverse the same motions to the right side. The knees

must not be bent. In all there are four motions simultaneously executed — bending the body, stroking the leg, raising the arm and lifting the heel.

You May Exercise Your Mind By Adding This Feature

The Vitalic Sway may be used as an exercise for your mind, if you like. As you bend the body to the left side and raise your right arm you call out loudly "one," as you bend over to the right side and raise the left arm you call "A." Swinging back to the left side you call "two," and then to the right you call "B," and so on until the entire alphabet is correctly called off.

Remember the right hand represents figures and the left hand the letters of the alphabet. When you have mastered calling numbers and letters correctly, then proceed to the next stage calling the alphabet backward. The first motion while raising the right hand call "one," the second motion while raising the left hand call "Z" and so on until you finish the alphabet at "A." When you have mastered the alphabet backwards then proceed to the third stage calling the alphabet backwards and forwards: thus, as you raise the right arm

and bend to the left call "one," as you bend to the right call "A," then to the left call "two," then to the right call "Z," then to the left call "three," then to the right call "B," then to the left call "four," then to the right call "Y," and so on until the alphabet is counted and called correctly. In this fashion you are exercising your body and improving your memory.

The Internal Breath is Fine For Women and for Girls

A fine exercise for women and for girls approaching womanhood, is The Internal Breath. Its use strengthens and develops the shoulder and arm muscles and tends to make the body firm and elastic. It sends the blood into the scalp and will help to promote the growth of the hair by causing a better circulation of blood in the scalp, and the nourishing hair follicles.

Bend the body well over at right angles, let the arms hang loosely from the shoulders. Forcibly throw the loose arms as high as possible to the left side, then immediately swing them over to the right. Keep the eyes firmly fixed on the ground between the feet. The knees must not be bent at any time. At all

times the arms must be loose, no rigidity must be in evidence while swinging the arms from side to side. Let the wrist of the lower arm curl around the neck, hold the arms elevated just for a second, then swing them quickly yet loosely around to the opposite side. Two or three minutes practice of this exercise is usually sufficient at one time. See pictured instructions for complete details.

The Upper Breath Will Help To Give You a Clear Head

If you are troubled with ordinary goitre, catarrhal deafness, nasal catarrh, (the "trouble" may be a deviated septum) or eyes weakened as a result of lack of muscular tone, or toxic accumulation, try The Upper Breath. Many of my pupils have been absolutely cured of these ailments by its use.

Stand erect, with feet about ten inches apart, arms hanging loosely by the sides, air expelled from lungs. Slowly raise the arms at right angles to the body, at the same time begin to breathe in short sniffs. From six to ten sniffs should fill the lungs. Have the lungs packed just as both hands meet directly above the head. Then lock the index fingers and hold the breath for three to five seconds.

Then unclasp the fingers and bring arms rather rapidly down to the sides, at the same time exhale forcibly. The lungs should have expelled all the air possible when arms are down. Then immediately repeat, breathing as before. The execution of this breathing exercise at least twenty times every morning and evening will produce most gratifying results. The arms must be brought down in the same manner as bringing them up, at right angles to the body. See pictured instructions.

"Nobody Loves a Fat Man"
—But This Exercise Will Help Him

The Obesity Bend is invaluable for strengthening the muscular walls of the abdomen, reducing the waist line, and making the muscles of the back firm and strong. It is also useful in constipation. Stand with feet apart, then bend the body as far over as possible to the direct front, at the same time touching the floor with the right hand, and raising the left hand as high above the head as possible. The left knee is to be kept stiff, the right knee may be slightly bent. Then bring the body back to the original standing position, and, reversing the movements of the

hands, bend down and touch the floor with the left hand and raise the right hand above the head. Do not alternate the knee bending, always keep the left rigid and the right knee slightly bent. Remember the body is to be bent over directly to the front, never incline to the right or left sides. All the movements must be continuous while executing this exercise, bending, raising the body, and moving the arms. No pause must intervene until completion. Two minutes of this exercise morning and evening will give excellent results. See pictured instructions.

Increased Vitality Will Be Yours If You Master This Breath

The Vibration Breath is a novel exercise. Numbers of my pupils suffering from catarrhal troubles have benefited by it. This exercise arouses, vibrates, and stirs up the blood, nerves and internal organs.

Stand erect with the feet apart. Now pack the lungs completely by six or more short sniffs. When lungs are completely filled beat the ball of the hands sharply against the chest walls, at the same time trilling with the voice, while letting the air slowly escape from the lungs. Proceed from walls of the thorax to

the abdomen and breathe, trill, and vibrate with the hands as before. In this manner cover the entire body, back, legs, arms, etc. If unable to trill when the tongue is placed lightly above the upper front teeth, then loudly make the sound a-a-h, as in father, continuously during the exercise. The practice of the Vibration Breath for two minutes each day will be profitably repaid by improved health and greater vitality. See the detailed, pictured instructions.

This Stunt Before Arising Will Start Your Day Right

The Tensing Breath strengthens the lungs and the muscles of the arms and shoulders; stretches, stimulates and frees congestion of spine and spinal nerves.

Lie on the floor, bed, or on a cot. Relax the body completely, then pack the lungs by inhaling in short sniffs. When lungs are filled pass the hands to the back of the head and grasp the edges of the cot or bars of bed and pull upward. Then, tense the body while holding breath; stretch the legs as far down as possible and push your head up as much as you can. After holding the breath and tensing and stretching the entire body for six to ten

seconds, then exhale and relax with arms returned loosely to the sides. Then begin to pack the lungs and tense and stretch as before. Remember no pillow is to be under the head. Practice the Tensing Breath at least a score of times each morning before arising. Be sure to have the lungs filled before pulling, tensing and stretching. Exhale and relax after the strain. See pictured instructions.

After All, Walking Is Nature's Perfect Exercise

All of these exercises and the others, given in detail with illustrated instructions throughout this book, are good — each in its own way, but remember always that *walking* is Nature's perfect exercise. For the benefit of my readers I append herewith tables on walking and running that will be readily understood and may be easily applied:

WALKING.

Steps		*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*	*11*	*12*	*13*	*14*	*15*
Slow walk	A	S	S	S	E	E	E	S	S	S	E	E	E			
Slow walk	B	S	S	S	S	E	E	E	S	S	S	S	E	E	E	
Fast walk	C	S	S	S	E	E	S	S	S	E	E					
Fast walk	D	S	S	S	E	S	S	S	E							
Fast walk	E	S	s	S	E	E	S	s	S	E	E					
			s					s								
Rapid walk	F	S	s	E	E	S	s	E	E							
			s				s									
Very rapid walk	G	S	s	E	S	s	E	S	s	E						
			s			s			s							

Very rapid walk...	H	S	S	E	S	S	E	S	S	E		
If greatly winded..	J	S	E	S	E	S	E	S	E			
If heart is weak...	K	S	S	S	E	E	E	S	S	S	E	E E

A—Inhale three sniffs for three steps, then exhale in a gush covering three steps; do not exhale in sniffs.

B—Inhale four sniffs for four steps, exhale in a gush covering three steps.

C—Inhale three sniffs for three steps, exhale in a gush covering two steps.

D—Inhale three sniffs for three steps, exhale covering one step.

E—Inhale one deep sniff for first step, two short sniffs for second step, and one deep sniff for third step, exhale covering next two steps.

F—Inhale one sniff for first step, two short sniffs for second step, exhale covering next two steps.

G—Inhale as in F, but exhale covering the third step.

H—Inhale two sniffs for two steps, exhale covering next step.

J—Inhale at first step, exhale at second step. A dozen such inhalations should banish shortness of breath.

K—Inhale in sniffs for three steps, exhale in sniffs for the next three steps.

These combinations of Vitalic Breathing have been thoroughly tested and will suit the great majority of people. Practice the combination best fitted for your breathing apparatus.

RUNNING.

		1	*2*	*3*	*4*	*5*	*6*	*7*	*8*	*9*	*10*	*11*	*12*
Slow running.....	A	S	S	S	E	S	S	S	E	S	S	S	E
Slow running.....	B	S	S	E	E	S	S	E	E	S	S	E	E
Fast running.....	C	S	S	E	S	S	E	S	S	E	S	E	E
Fast running.....	D	s	E	s	E	s	E						
		s		s		s							
If winded.....	E	S	E	S	E	S	E	S	E				

A—Inhale three sniffs covering three strides, exhale covering the next stride.

B—Inhale two sniffs covering two strides, exhale covering next two strides.

C—Inhale two sniffs covering two strides, exhale on the third stride.

D—Inhale in two short sniffs for the first stride, exhale covering the next stride.

E—Inhale at the first stride, exhale at the next.

Use the nose only for breathing while you run. Short runs daily for practice will soon develop your breathing capacity, so that a half mile jog at a fairly rapid gait will not inconvenience you to any marked degree.

Good posture is synonymous with good health. Learn to walk, sit, and stand correctly.

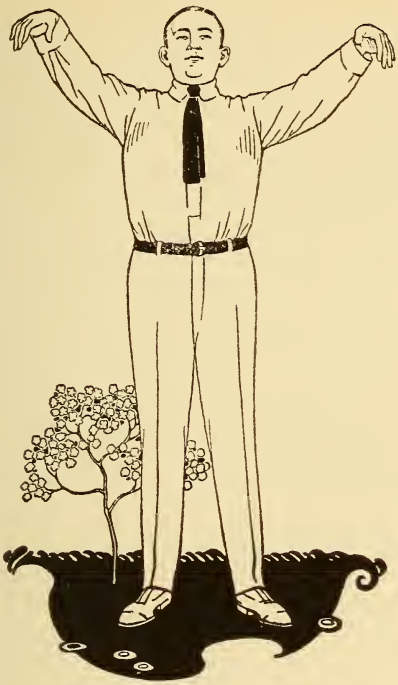


FIGURE ONE

This exercise will help to produce all around elasticity of the body, and will also prove stimulating to the internal organs.

Directions— Stand erect, heels about ten inches apart. Extend the arms loosely on a line with the shoulders directly to the front (*Figure 1*). Swing the arms and torso as far around to the right side as

FIGURE TWO

possible, at the same time tilting the head and eyes to follow the movements of the hands. Hold this position one second. Then swing back the arms and torso to the left side with the same movements. Arms must be extended at the shoulder height. Feet must not be moved while executing this exercise.

Breathing Directions—As you proceed to

FIGURE THREE

swing the arms to the right side, take a deep breath, and hold it for one second before exhaling. Exhale as you swing arms to the left side. Inhale and hold breath as you return to the right side. Follow this method continuously while you perform this exercise. Inhale and exhale through the nose.

CHAPTER IV

BE AN UPSTANDING MAN

The secret of good posture. Body-slouch, health-slouch, mind-slouch. The successful man stands erect. Climb stairs, climb hills, sniff, and climb to health.

Stand erect, chest well out without forcing or straining; square the shoulders, but do not draw them tightly.

The abdomen, whether prominent or not, should be somewhat forcibly drawn in, as the internal organs will be better supported in that position.

The head should be held squarely, so that the eyes look directly in front.

Do not tilt the head, or stick out the chin. Keep your neck perfectly flexible — not stiffened in any way.

The secret of good posture is freedom and ease. Eliminate tenseness and rigidness, as a tightening, or stiffening of the muscles will result in a strained, unnatural appearance.

While sitting, hold the body loosely erect

and comfortable. Flat chests, round shoulders and improper posture, aside from the slovenly appearance, tend to make people lethargic, and do not promote good health. Sit erect. Don't slouch.

A daily, systematic posture-exercise will in a few months correct the tendencies to a slovenly posture and give you square shoulders, deep chest, more vitality, an improved lung capacity and more powerful heart action.

Avoid Toeing Out, or In
Practice Correct Foot-Control

Always walk with the toes pointed straight to the front. Avoid toeing out, or in. Proper posture, combined with correct foot-control, and the wearing of shoes that are properly adapted for *your* feet, will to a great degree prevent the tendency to fallen arches and other foot troubles.

It is a simple thing to cultivate an erect, graceful carriage, and yet scarcely one young man in one hundred stands or walks erectly. Universal training along military lines, when adopted, will work wonders for the boys and young men of this country.

Through excessive cigarette smoking, many young men fall into a slouchy, stooped shoul-

der posture. Vitalic Breathing will help to correct this, and also prevent an excessive desire for smoking, as the added oxygen inhaled will diminish the craving for tobacco.

The Successful Man Always Carries Himself Like a Winner

In the business world correct posture is desirable and profitable. Notice the successful executive. He holds himself erect; those holding minor positions often are round-shouldered and stooped. This is especially true in the retail store field.

If you are compelled to sit at a desk several hours daily, straighten up occasionally, and take in a dozen sniff breaths.

Before engaging in any important conference stand erect and breathe in sniffs for two or three minutes. This will charge your blood with oxygen, awaken your intellect and clear your mind, and thus you will have a greater chance to win your point than your opponent, who is not so prepared.

While automobiling, occasionally breathe in sniffs, thus exercising your internal organs, properly oxygenating your blood, and your drive will be a source of health as well as pleasure.

All these breathing exercises, besides improving your posture, will also keep you free from lung troubles.

Deep breathing may be used while doing stretching exercises, and also while walking, when sniff breathing is not used.

Before beginning any exercise take a deep breath and hold it for a few seconds then exhale through the nose and take a fresh deep breath.

Never take any form of exercise with the mouth open, except swimming. This is the solitary exercise in which it may be necessary to "gulp" the air through the open mouth. While exercising the mouth should be tightly closed whenever possible, and the lungs kept comfortably filled with air.

Deep Breathing Tires You— Vitalic Breathing Will Not

The usual method of deep breathing is valuable but exhausting, and ordinarily, after a few brief trials, is discontinued. Breathing in sniffs and packing the air in the lungs and exhaling quickly and forcibly, not only expands the chest, but exercises the diaphragm, and after some practice becomes second nature. Round shoulders never develop

when Vitalic Breathing is adopted. It produces erect carriage, the envy of the weak, hollow chested, inert, half invalid humans one meets by the thousand. With a little regular, daily effort everyone can vastly improve his health and his appearance, and soon radiate success.

It is amazing how quickly the chest will round out and expand when Vitalic Breathing is practiced and erect posture is combined.

To fully realize the difference between deep and Vitalic Breathing stand erect, chest well expanded. Now place the tips of the fingers over the diaphragm and take a long, deep breath in the regular way. Scarcely any movement of the diaphragm will result. Now take a few sniff-breaths and your fingers will feel the movement of the diaphragm. Remove your fingers and watch the movements of the center of your chest as you breathe in sniffs. See how the jerky motions are recorded. Your diaphragm is being exercised — also all your other internal organs.

Little wonder then, the marvelous results obtained by those who regularly practice Vitalic Breathing. Deep breathing is indeed excellent. But for increased vitality, poise, strength and freedom from fatigue and dis-

ease, adopt Vitalic Breathing, the *internal exercise.*

Can you climb ten flights of stairs rapidly without suffering lung fatigue or becoming short-winded ?

No. You cannot.

Then can you climb five flights of stairs ?

You still answer in the negative.

Even at three flights you shake your head.

A Test for Your Lungs—
Try It and Be Surprised

Here is the way to mount even a dozen flights of stairs quickly, with a minimum of lung fatigue, and without becoming short-winded or distressed:

As you place your right foot on the first step sniff in a short jerky breath and hold it; as you place your left foot on the second step take a second such sniff. As you place your right foot on the third step forcibly exhale both breaths. Then immediately begin at the fourth step to duplicate the same procedure, and continue to breathe that way and, even after a climb of a dozen flights of stairs, you will be astonished at how little lung fatigue you experience.

Do not forget to keep the mouth tightly

closed while climbing stairs. Never inhale or exhale through the mouth; always use the nose. Endeavor at all times to inhale while the weight of the body is supported on one foot.

Remember, breathe in two sniffs for the first two steps, then immediately forcibly exhale on the third step. Breathe that way continuously while mounting stairs.

Vitalic Breathing Makes Fun Of Hill and Stair Climbing

A bodily infirmity most often makes its presence known in the ability or lack of ability to climb a hill or a flight of stairs.

If you have to breathe through your mouth while mounting, or if you are winded after a few minutes of it, you are *not breathing properly,* or you have not cultivated proper endurance by the daily use of Vitalic Breathing.

It is my firm belief, founded on observation and tests by my pupils that daily hill-climbing is an exercise that will re-make the body, unless one is suffering from tuberculosis or heart disease, and even in these distressing conditions, daily climbs of short but ever increasing duration will often prove bene-

ficial. These climbs, if suffering from heart or lung trouble, should be under the supervision of your physician.

Nearly every one shuns hill-climbing, for the simple reason that it causes short breath and tires the limbs. This condition is *overcome* with Vitalic Breathing. Study carefully the instructions outlined here, and make up your mind to devote a few minutes daily to hill-climbing, for it is a pleasant exercise and a wonderful body-builder, when properly done.

When you begin to climb a steep incline, or stairs, inhale twice for two steps and immediately exhale forcibly covering the next step, then at once inhale and exhale as before. *The mouth must always remain closed.*

Should you be at all winded and feel that you must open the mouth, take one deep breath in through the nostrils for one step and force the air out immediately at the next. This method of single inhaling and exhaling rests the lungs and removes fatigue.

In the single step breathing, manage to fill your lungs just as the ball of the foot touches the ground. Half a dozen such single breaths will remove the excess of carbon dioxide from the lungs.

Remember always to hold the body as erect as possible while walking or climbing hills. If you rigidly follow these instructions you may climb hills and stairs for an exceedingly long period without being distressed or winded, because you are keeping the lungs free from the accumulation of carbon-dioxide, and the poisons of fatigue produced by tissue destruction.

Do not converse while climbing hills as you are more likely to become fatigued when talking is combined with walking. Breathe through the nose inhaling and forcibly exhaling.

This Method Is a Real Boon For Wives Who Have to Climb

Housewives suffer most from stair climbing. Owing to the exigencies of household duties they are compelled to climb stairs many times each day. Those who are excessively corpulent dread stair climbing, and yet it is almost as simple to mount two or three flights of stairs as it is to walk on level ground.

Just inhale in sniffs twice covering two steps then exhale once covering the next step, breathing always through the nose. Keep the mouth closed while mounting stairs and

breathe in sniffs continuously, this will practically eliminate all lung fatigue.

If you are excessively corpulent and feel at all distressed from stair climbing while inhaling twice and exhaling forcibly at once, then practice consecutive inhaling and exhaling at each step; this will surely tend to overcome lung fatigue.

Many of my pupils, who used to dread the daily grind of stair-climbing at home and abroad, now cut out the elevator, even when it is available, for the joy they get from stair climbing exercises combined with Vitalic Breathing.

FIGURE ONE

This exercise energizes the liver and other internal organs. It also is excellent for the spine, and frequently found most useful in correcting a tendency to constipation.

Directions— Stand erect, heels separated about twelve inches. Bend the body well over to the front, one knee slightly bent. Keep the eyes fixed on an object between the feet during the execution of this exercise. Raise the right arm as high above the head

FIGURE TWO

as possible, at the same time touching the floor with the left hand (*Figure 1*). Then reverse these movements (*Figure 2*). Do not move the eyes from a fixed object during the execution of the Liver Breath. Raising the body a few inches as the arms are raised and lowered is permissible.

Breathing Directions— Sniff in once as you raise the right arm. Exhale forcibly as you begin to raise the left arm. Breathe only through the nose.

CHAPTER V

DAILY PERSONAL HYGIENE

Morning exercise wakens body and mind. Take care of your eyes. The daily bath battles nervousness. The first shower-bath, 126 B. C. Nature pulls your hair to make you breathe. Vitalic Breathing a hair restorer.

Proper care of the body will be repaid by good health, normal functioning and freedom from nervousness.

When you arise in the morning drink a glass or two of cold water, not iced. This will stimulate the muscles of the stomach and act on the intestines as a tonic.

Take twenty-five upper breaths (*see pictured instructions*) and then a few minutes of stretching exercises before the open window. Unless the weather is very cold, the body should be quite moist with perspiration when you have finished.

Then take a cool shower or spray. Warm water, gradually cooled, may be found more to your liking.

After breakfast brush the teeth and gums

thoroughly with a good tooth powder — this has a better cleansing effect than a paste — using the brush with a circular motion. Also use a tongue scraper, or a well-wetted tooth brush to remove foreign matter on the back of the tongue. Make tongue cleansing a daily habit.

When you step into the street, your body should be fairly tingling with energy, and success should radiate from your very presence.

Walk at least ten minutes before going to your place of business, and on this walk breathe in sniffs. If you are compelled to ride, take several sniff breaths before entering the street car.

While at work endeavor occasionally to take a few sniff breaths at an open window, and do everything possible to have your place of business well supplied with fresh air.

Let Your Luncheon Be Light
Take a Walk After Lunch

Eat a rather light luncheon. Do not take an excess of liquid with your food, be sure and get at least a ten minutes' walk before returning to your place of business.

Take your heavy meal in the evening.

Walk at least half an hour before retiring, and do not retire until at least three hours have elapsed after eating.

Before going to bed brush your teeth and gums thoroughly, and clean the tongue as in the morning. Drink a glassful or two of water, hot preferred.

Gargle your throat with hot or cold water a few times each day, and every evening before retiring. Do not use douches and washes for the nose as an internal application. A little luke warm or cool salted water, gently sniffed, is good when the nose is clogged with dust, or with secretions, but avoid indiscriminate washing out of the deep nasal passages as it interferes with the natural efficiency of the mucus membrane. Also, you are likely to carry infective material into the sinuses or into the eustachean tube — causing painful and dangerous abscesses.

Take Good Care of Your Eyes You Will Never Have Another Pair

Do not strain your eyes by reading in a poor light. Immerse forehead and eyes in cool water two or three times a week before retiring. It will be found quite helpful.

Remember always that you will never have

another pair of eyes. Take good care of those you have. Vitalic Breathing will keep your body fit, and should help your eyes to serve you well through life. But if you begin to feel that your eyes are not right, consult a good oculist. The vision changes with age, and those who must use glasses may have to *change their glasses* several times between forty and sixty.

Your eyes cannot do their best work for you if your body is not fit, and your body cannot be fit if your bowels are not normally active.

Stretching exercises, sniff breathing and eating coarse, bulky foods will usually correct even the most stubborn case of constipation. But at least half an hour's walk should be taken daily to gain full bowel efficiency and bodily health. The Vitalic Sway and the Vibration Breath are excellent exercises for stimulating and functioning the bowels, and they should be used when needed. See detailed, pictured instructions.

Care for your body, but do not become *a crank on the subject.* If you devote but fifteen or twenty minutes to the system outlined here each day, your friends will greet a new acquaintance, radiating health.

Do not shirk daily exercise; persistency and system in hygienic living will keep your body elastic and strong, even when *advanced in age.*

Bathing Should Be a Delight
Get Your Full Share of It

The man who takes proper care of his body soon learns that bathing is one of the real delights. Be sure to get your full share of it.

After arising in the morning, if it be cool weather, or if you do not care for an immediate cold spray, take a warm spray over the body, but not over the head. Then turn on the cold water and spray for a minute or two. Should the weather be cold, be careful to have the bathroom properly heated. You should feel stimulated and refreshed at the end of the cold spray. Rub the body vigorously with a rough towel. This should cause the skin of the torso to glow and present a pinkish apearance from the awakening, coursing blood.

In warm weather the cold spray is best suited for the majority of people. *Showers* and *sprays* are now recognized as being more sanitary and healthful than the old fashioned method of immersing the body in a tub of

water, although in the selection of the health bath the reader must be guided somewhat by experience. It is the healthful afterglow that tells the tale of benefit.

A daily spray or shower should be made a life habit. It invigorates and strengthens the body, promotes vitality, and is excellent for keeping weight at normal.

Nervousness and worry often yield to the magic influence of the daily bath. In this daily bathing soap need be used but once or twice a week.

Your Duty to the Children Includes Teaching Them to Bathe

Children should be taught early the value of cold water bathing, and every home should be equipped with two or three appliances for this purpose. You are missing one of the greatest health assets if you do not form the habit of daily bathing.

The hair should be washed at least once a week for men, less frequently for women.

While under the cold spray practice Vitalic Breathing in some form. This will be found most exhilarating.

Taking a hot water bath in cool weather the first thing in the morning is a most dan-

gerous procedure, if a cold spray or immersion is not used following the warm water. A warm bath at night relaxes the nerves and tends to promote drowsiness and sleep, while a cold bath generally has the opposite effect. Quite often hours elapse before sleep is wooed after taking a cold bath before retiring.

Take your cold bath in the morning and awaken your body for the work of the day. A warm bath at night will prove soothing and restful, and will tend to promote sleep.

Shower Baths Known in Ancient Days Our Thanks to Asclepiades of Prusa

Hot and cold bathing, when used scientifically, is a curative force. From the earliest ages the ancients used and appreciated daily ablutions as a matter of cleanliness and as a maintainer of health.

Dr. Edwin F. Bowers, in his book, "Bathing for Health," mentions that Asclepiades of Prusa, who was born in 126 B. C., was credited with the invention of the shower bath. Through all ancient history we frequently read that bathing of the body was keenly enjoyed by the ancients, and that medical authorities of older days employed it extensively in their practice.

When used for strictly curative purposes hydrotherapy, the water cure, should be handled intelligently, and strict care should be exercised so that the application is not carried to excess nor to the point of exhaustion, when more harm than good may result.

If it were possible for every person to spend a couple of weeks each year at the seashore, enjoying the invigorating, magnetic stimulus of surf-bathing, what an aid and help to health that would be! The exhiliration of sea-bathing, the freedom from clothing that usually binds the limbs, the feeling of energy produced by the surf, the bracing air and sunshine, all combine to energize and stimulate the body, and help to make one feel young and joyous.

But if it is impossible to have surf or lake bathing, then do the next best thing; join a gymnasium, if for no other purpose than to secure the benefits of a swimming pool where you can enjoy a daily plunge.

Why Nature Pulls Your Hair
Will You Not Heed Her Warning?

A luxurious growth of hair is yearned for by every man and woman in the world. It is a sad reflection on our present mode of

living that there is an ever increasing tendency towards baldness among our younger men. Loss of hair is one of Nature's methods of punishment for indifferent care of our bodies. Nature knows that men are sensitive regarding a hirsute deficiency, so she tries to arouse them by hair pulling, in her desperate efforts to awaken them to the fact that they are not breathing in sufficient oxygen daily for the complete needs of the body, and are neglecting other vital hygienic principles. But the average man is too busy thinking about other less important things to notice Nature's warning of a dangerous condition existant in his body. So the hairs become more numerous in his comb and presently a round, shiny bald spot appears in spite of hair tonics and shampoos vigorously applied by a bald-headed barber.

If you are less than forty years of age and losing your hair it is often possible to stop the loss and promote a new growth of hair by Vitalic Breathing. In case of total baldness from atrophy of the hair follicles, it is practically impossible to restore the hair, but it will not do any harm to try.

Regulate your diet and habits too. Coffee drinking and excessive smoking are persistent

foes of good hair. Walk in the fresh air daily for half an hour, and breathe in sniffs and see how quickly your hair will respond to this simple treatment. Practice the Internal Breath for a few minutes daily, as that exercise is a valuable aid to the growth of hair. These exercises will help to energize your hair and scalp, even if you are advanced in years.

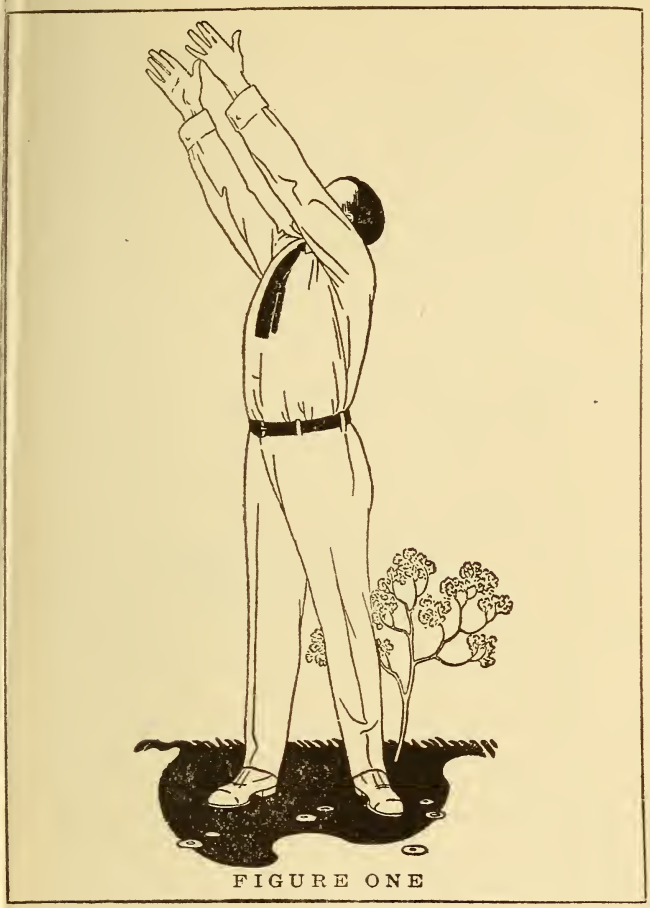


FIGURE ONE

A body builder, excellent for cold weather, as it warms and stimulates all parts of the body.

Directions—Stand well erect, chest expanded,

FIGURE TWO

heels separated about twelve inches. Twist the torso at the hips towards the right side, but do not change the position of the feet. Then forcibly thrust both arms upward, allowing the head and eyes to follow the directions of the thrust (*Figure 1*). Swing the torso exactly to the center, and again thrust the arms upward. Repeat this upward thrust as you swing to the left side. Now lower the arms at right angles to the body, and thrust out toward the left side. Swing the torso straight to the front, and thrust arms out

FIGURE THREE

(*Figure 2*). Repeat this thrust on the right side. Then lower the body and forcibly thrust arms down, and in a slightly outward direction (*Figure 3*). Repeat in the front and continue on to the left side. Then return to position number one, and continue exercise. The Magnetic Breath should be executed two or three minutes daily for best results. Remember to let your eyes follow the direction of each thrust, also do not move your feet while swaying your body to the left or right side. Arms should be separated about twenty inches.

Breathing Directions—Breathe in three sniffs, covering the first three thrusts, exhale through the nose at the fourth thrust. Make this breathing method continuous while you execute this exercise.

CHAPTER VI

WHY FATIGUE?

Too much food produces poison. The lunch counter crime. Chest breathing a lazy habit; mouth for eating, not breathing. Incorrect posture and mental depression. Make your body worthy of pride and carry it proudly.

The life of mankind is being extended as the years advance. We are living to a greater age now than we did twenty-five years ago. But it is chiefly in childhood years that the life of man is lengthening. Sanitation and application of the lessons of modern research regarding the health of children is responsible for this.

However, more men and women are dying between the ages of forty and fifty years than ever before. In the prime of life and glory of manhood and womanhood we are cut down in a twinkling.

Three predominant causes are responsible for this sad and unnecessary condition. The first of these is the consumption of food in

excess of the needs or requirements of the body. This occasions an accumulation of poisonous matter in the body, which is absorbed into the blood, thereby breeding a large proportion of all the diseases from which we suffer.

This morbid accumulation also makes us prone to fatigue, and produces the tired, all-in exhaustion to which ninety-nine people in every hundred are inclined, and while in this condition we become easy victims to the destroyers, fatigue and disease.

Food is rarely associated with bodily fatigue, but too much food or improper food combinations invariably breed disease in the body, and where disease is, also fatigue thrives and tears down health, strength and efficiency.

Beware the Quick Lunch Counter
Avoid Pastry and Starchy Foods

To the direful result of the starchy quick lunch may be attributed the falling-off of energy in the afternoon in the labor of the average worker. There is indisputable evidence that more and better work is delivered in the forenoon period of production. This may be traced to improper noontime lunches,

as has been emphasized by Dr. William H. Porter, in "Eating to Live Long" — a wonderfully helpful and practical work on diet and health.

Instead of white bread, cakes, and pies for luncheon, which may be classed as devitalizing, fatigue-breeding foods, one should substitute a repast of thick, nourishing soup, vegetables and whole grain bread. How much more energizing would this food be. And instead of a reduced afternoon output an increased quantity of work would result.

Ignorance and Sheer Laziness Have Made Us a Race of Shallow Breathers

The second cause of fatigue and a short span of life is brought about by improper breathing. We have become a nation of sloths as far as scientific understanding of breathing in connection with fatigue and disease is concerned. Through ignorance and sheer laziness we have developed into a race of shallow breathers.

Nature provided us with a breathing apparatus voluntarily and involuntarily controlled. How many of us have stopped to consider the reason for this? All-wise Nature had good and sufficient reasons for allowing

us to change our breathing method at will.

We cannot voluntarily change the pulsation of the heart. Then why can we breathe slowly or rapidly, or hold our breath a considerable time? Simply because wonderful Nature has been trying for centuries to teach us correct breathing, and the breathing that is best adapted to overcome fatigue must be of the conscious variety.

Do You Breathe Through the Mouth? If So, Something Is Wrong With You

If you are at all inclined to breath through your mouth you are not breathing correctly.

If you become winded while walking rapidly and are forced to resort to mouth breathing, you are not breathing properly.

If you must use your mouth for breathing while climbing stairs or hills, you are not breathing in the correct fashion.

If you run for a short distance and become winded and are forced to resort to mouth breathing, you are breathing inefficiently.

If you are at all lung-fatigued or winded while taking ordinary exercise, then you must change your old-fashioned method of breathing to fatigue-preventing inhaling and exhaling.

And the glory of breathing Nature's way — the poisonous toxins of fatigue are forced out of the lungs by Vitalic exhaling before they prove a source of fatigue.

Vitalic inhaling packs the lungs with health-giving oxygen from top to bottom, thereby tending to prevent disease germs from gaining a foothold, and helping to overcome fatigue.

Besides purifying the blood, brightening the eye, electrifying the step, and promoting vim, energy, and strength, Vitalic Breathing tunes up every organ and tissue of the body.

Do You Look the World in the Eye?
You Cannot If You Are a Slouch

The third source of fatigue may be attributed to improper posture.

Incorrect posture invites fatigue. If you stand, walk or sit in a stooped, negative position, you are leaving yourself open to your meanest foe, fatigue.

Square shoulders, a rounded chest, a straight spine, all these positive attributes help to banish fatigue and disease.

Where negative body conditions exist disease and fatigue hold sway. Particularly, morbidness, depression and nervousness may

often be traced to prolapsed intestines brought about by incorrect posture.

Too much food or inharmoniously combined foods cause fermentation, constipation, and blood acidity, thereby attracting fatigue and disease, through lowered power of resistance.

The noxious toxins and poisons present in the body may be banished almost immediately by diet correction.

Study the chapter on foods and apply it to your daily life.

Shallow-breathing is practiced almost exclusively by the human race; consequently disease and fatigue are rampant. Scarcely one person in every five hundred reaches the age of forty in perfect physical condition.

Pulmonary Diseases Will Die Out When We Learn Correct Breathing

Hundreds of thousands of men and women die each year from pulmonary diseases. The vast majority of these lives could be extended for many years if correct breathing were practiced.

Learn thoroughly the different phases of breathing in connection with walking, running and stair-climbing. Then put them into

daily practice and the result will amaze and delight you.

Make Your Body Worthy of Pride And Carry It As It Deserves

Incorrect posture weakens the structure of the body and makes us inefficient. Many of the displacements of women's organs are brought about by slouchy, improper posture.

When you hold your body erect, as if it really belonged to you, then you have made a giant stride in the elimination of fatigue and disease. And it is quite simple to learn to eat and breathe correctly, and hold your body in proper position and poise.

The lungs extend well up to the collar-bones. Our imperfect, old-fashioned method of ordinary breathing does not fully fill the lungs. Consequently many of the lung cells are not used, and disease and lung inefficiency result.

Watch how the upper part of the chest fills out when you practice Vitalic Breathing. Every lung cell is in action, lung tissue is being vitalized and the blood receives a greater supply of life-giving oxygen.

Vitalic Breathing, after a few months' conscious practice, will become unconscious with

you. Every time you walk or climb hills or stairs you will naturally begin breathing in sniffs, and consequently lung fatigue will scarcely bother you at all.

Determine right now to link up your daily life with Vitalic Breathing and eliminate fatigue from your body.

Sleep and Rest Are Essential
Do You Get the Best of Them?

Before you retire take a few minutes of Vitalic Breathing exercises. Relax your body completely. Lie only on the *right side* or on the front of the body, with the face to one side. Do not sleep on the *left side,* nor on *the back.* Experiments have proven that these last named positions are not the best.

If you cannot sleep take this exercise. Practice Vitalic Breathing either lying down or standing at an open window for two or three minutes. In obstinate cases of insomnia it may be necessary to increase the duration and the rapidity of the breathing.

If you suffer chronically from sleeplessness, avoid any excitement before retiring.

Do not eat any heavy food for at least three hours before going to bed. A glass of hot water or warm milk, taken just before

retiring is conducive to promoting sleep.

A brisk, ten-minutes' walk in the afternoon, and a long walk after the evening meal, will do much to banish sleeplessness.

Insomnia is almost always conquerable, no matter how chronic. Vitalic Breathing, moderate eating, and relaxation exercises are the tools to be employed in its correction.

Half-Past-Ten to Half-Past-Six
The Best Hours for Peaceful Sleep

Seven to eight hours of sleep will probably suit ninety adults out of every hundred.

From half past ten to half past six are probably the best sleeping hours for the average city man. Many perfectly healthy people sleep but five or six hours each night, although many require eight or nine hours.

Insomnia is often traceable to constipation. Make it a rule to evacuate the bowels each night. This may often be accomplished by Vitalic Breathing, combined with the constipation exercise. Avoid the use of cathartics and enemas for this purpose, as they are usually unnecessary if the constipation exercise is systematically practiced.

Poor ventilation is often the cause of insomnia. The worst night air is superior to

the best inside air. Keep the bedroom windows opened top and bottom, winter and summer. Even if the weather is rainy or foggy get all the air possible into your sleeping room. You cannot have too much fresh air, provided you are properly covered and not actually sleeping in a draft. There is always a reason for sleeplessness, find out and eradicate the cause and the symptom of sleeplessness will disappear. Occasionally a twenty-four hour sleep and rest will prove invaluable for overwrought nerves.

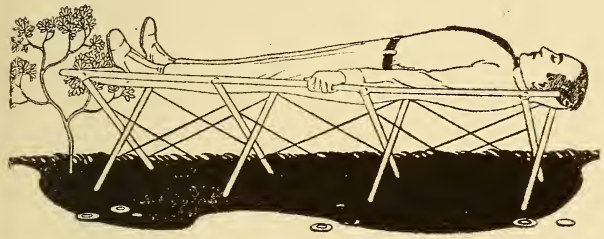
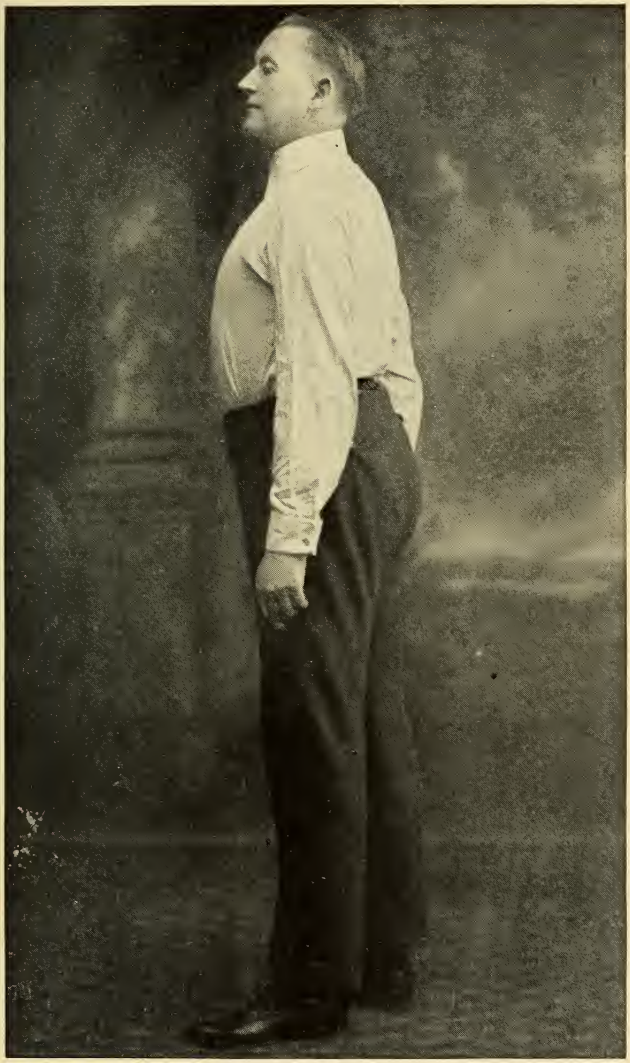


FIGURE ONE

Strengthens the back and abdominal muscles, stretches, stimulates and exercises the entire body, and reduces excess fat.

Directions—Lie flat on a cot or bed. Grasp edge of cot and push feet downwards, and head upwards (*Figure 1*). Endeavor with all your power to try to increase your height by stretching your body and limbs. Keep the lungs filled while tensing and



You are as old as your spine. Keep your spine straight. It is conducive to good health and a long life.

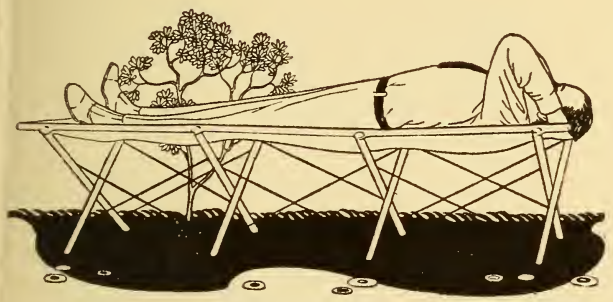


FIGURE TWO

stretching, and exhale as you relax. Now inhale in sniffs until lungs are packed, then bring your hands over and behind your head, and grasp edge of cot, and tense and stretch as before (*Figure 2*). Next endeavor to come to a sitting position without raising your heels (*Figure 3*). You may place your feet under a radiator, bureau, strap, so that you will have a fulcrum with which to enable you to sit up without raising your feet. The Tensing Breath should be

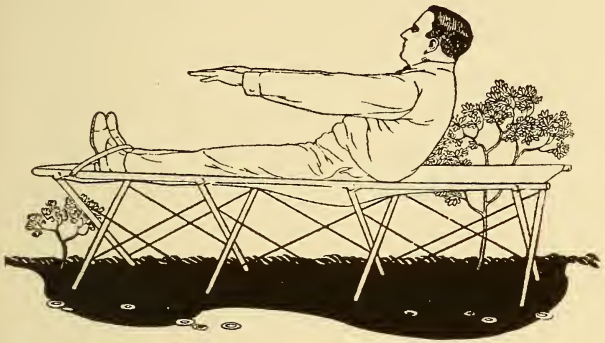


FIGURE THREE

adopted as a never deferred daily exercise. Even its practice for a minute or two every day is fraught with much benefit from a health standpoint.

Breathing Directions—As you lie flat, inhale in sniffs, then grasp some object and stretch the body, including the head. Exhale forcibly as you relax. Inhale in sniffs as you begin to come to a sitting position, and exhale as you lie down.

CHAPTER VII

OVERWEIGHT AND UNDERWEIGHT

The perils of the fat and the worries of the thin. Walk to normal. Food and exercise regulation. Perseverance versus pleasure.

George Ade wrote the immortal mot "Nobody loves a fat man," but it was Shakespeare who voiced the world's distrust of men like the "lean and hungry Cassius."

Unless you suffer from some ductless gland disorder, you don't *have to be too fat.* Neither is it necessary to be so skinny that your neighbor will look at you askance.

Being over-fat is a most unpleasant and dangerous condition, and a fatigue breeder. Excessive eating and too little exercise are the main reasons for it. Overweight causes the internal organs to distend and to sag, and often brings about heart trouble. Flat feet, fallen arches, varicose veins, also weak knees and ankles, are frequently the result of excessive weight.

Many people who are too corpulent become

extremely sensitive, morbid and melancholy. Women lose much of their charm because of obesity. Men who are too fat often lack will power and bodily elasticity, and lose appreciation of the joy of living. If it were not serious, it would be laughable to see a fat man waddling along, proclaiming to the world that he is a glutton and lacking the necessary will power to correct his mode of living. So also with the excessively stout woman — covert smiles and expressions of sympathy greet her as she goes from store to store seeking a garment sufficiently large to cover her superfluous avoirdupois.

Yet with very few exceptions even the fattest person can be brought down to normal weight and this with safety and speed.

How to Reduce Sanely and Safely
Diet Alone Not the Best Way

It is unsafe to reduce weight by dieting alone. To contract loose tissue and skin and give support to internal organs corrective stretching exercises should be taken in conjunction with dieting, and when Vitalic Breathing is also combined, you have the perfect method of reducing weight. *Drugs for reduction should be absolutely avoided,* except

when required to correct an absolutely abnormal condition.

Here is a good system of reduction covering a period of fifteen weeks.

First week: Exercise ten minutes daily, using the Internal Breath, Obesity Bend and Vitalic Sway. Walk one hour daily while practicing Vitalic Breathing. Reduce your food intake, avoid potatoes, pastry and sweets altogether, and if you must have a little bread, use only the whole wheat kind. Drink five to ten glasses of water daily.

Second, third and fourth weeks: Exercise twenty minutes each day in two or three intervals, adding the Upper Breath to your previous exercises. Walk an hour and a half daily, breathing in sniffs. Still keep up your water drinking.

Fifth to tenth week: Exercise a half hour daily in three sections of ten minutes each, if it can be so done. Have one period in the evening. If evening exercise makes you wakeful, practice in the morning or afternoon. Walk two hours daily while practicing Vitalic Breathing. Watch your food intake. Keep up your abstinence from too much starchy and fattening food.

Eleventh to fifteenth week: Continue exer-

cising half an hour daily. Walk two hours daily. Continue drinking the five to ten glasses of water. If still overweight, keep rigidly to diet.

Daily bathing is essential with this regime.

When your weight is at normal, keep up your walking exercises for at least half an hour daily, while breathing in sniffs and obesity will trouble you no more. Make this a life habit, and old age will be long deferred.

Common Sense Will Help, Too
Forget to Eat Dinner Now and Then

Always remember to use *common sense* in the matter of food and do not overeat. Omitting a meal once or twice a week will be conducive to health and correct weight.

It is useless to try to reduce superfluous fat without food regulation. If you could but realize that you are in a dangerous condition when you are overweight; that the power is entirely in your own hands if you desire to reduce, you soon would attain correct weight.

It is sheer laziness and folly to use drugs of any kind for reduction, unless the condition imperatively demands this. Eat in moderation, take long walks, and breathe in sniffs, and see how quickly you will get your weight

down to normal. It takes will power to begin but it is worth the price.

It is advisable to have your doctor examine your heart before taking strenuous exercises if you are overweight.

It is well to recollect that most foods and drinks are fattening. Make it a strict rule to reduce your usual consumption of food from one-third to one-half. We consume entirely too much food anyway, so give your stomach, kidneys, intestines and blood a chance to become normal again.

Do not test reduction by weight alone; use the tape line. The body is two-thirds water, and frequently several inches of reduction in the waist line may come about, even though your weight is apparently unchanged.

Lying on the floor and sitting up without raising the heels is a helpful exercise in banishing excess fat. Other floor exercises such as rolling and leg raising also are most beneficial.

If You Are Underweight
Here Are Suggestions That Will Help

Leanness may be the result of worry, insufficient exercise or wrong eating. Impoverished nerve force is also a cause of leanness.

It is futile to try to gain weight by overfeeding. Eat sufficiently of nutritious food and see to it that you assimilate all that you eat. Do not burden your nerves and digestive system with too much food. Drink plenty of pure water each day, walk one hour daily, breathing in sniffs. Exercise in moderation and you should find in a short time that you are begining to put on flesh and are feeling much better. Study carefully the question of diet, and use foods best fitting your case.

Working in a confined office or store without proper ventilation often tends to keep one thin, and this condition must be counterbalanced by considerable walking in the fresh air.

It is quite essential to be cheerful at all times, avoid worry, keep active and be warmly dressed in cold weather. A milk diet is often beneficial, but moderate eating of ordinary wholesome foods, plus plenty of Vitalic Breathing and daily long walks, will prove the best factor to promote healthy flesh. Here is a short menu that will help you to overcome leanness:

Breakfast: Rice, corn or wholewheat cereal—a large portion with a generous quantity of cream or milk. A small quantity of

sugar may be used, but it is preferable to avoid the sugar. Do not partake of any other food or drink for breakfast.

Luncheon: A large portion of thick soup, two or three slices of whole wheat or rye bread and butter, various vegetables and a generous amount of cream cheese. Drink a glass or two of cold water a short time before your meal. If a warm drink is desired, use hot tea only mildly brewed. Use no fruits, sweets, acids, ice cream or milk with your lunch; a baked apple is the only safe fruit to eat. Raisins, unsugared figs or dates may also be safely eaten, but on no account should any other kind of fruit be taken, as indigestion and fermentation may result. In warm weather a salad of lettuce and tomatoes with coarse bread makes an ideal luncheon.

Dinner: Soup, well cooked meat, vegetables, coarse bread, simple pudding, mild tea, raisins and nuts will provide a nutritious and well balanced harmonious meal. You may eat any kind of acid fruit before retiring providing at least three hours have elapsed since partaking of the food. Cold or hot water may be taken with the fruit.

It is much more difficult to gain flesh than to reduce, consequently you must not become discouraged if no result becomes apparent for

some time. Perseverance in right living should, however, accomplish your desires, so determine to stick to the end when you make up your mind to conquer leanness.

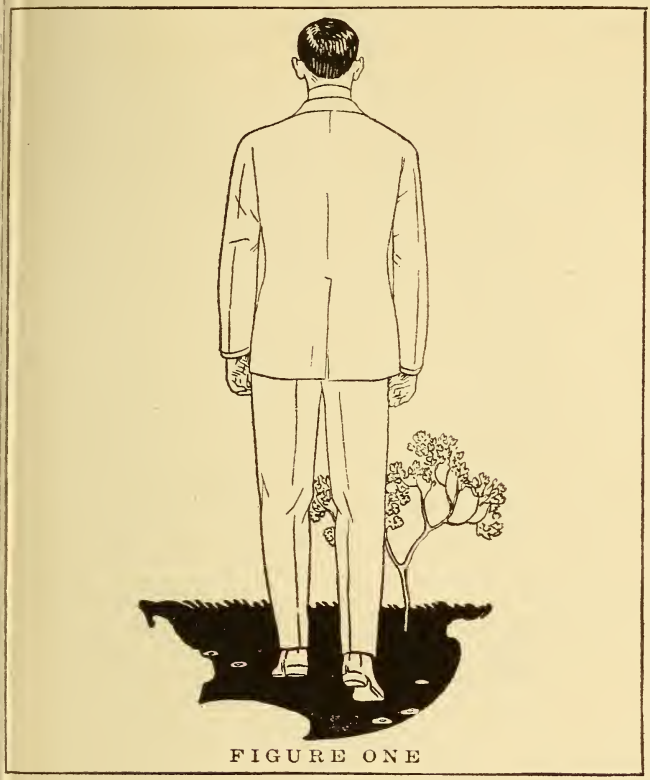


FIGURE ONE

This looks like an old-fashioned exercise, but certain new vital improvements have been added. It is conducive to promoting good health by awakening and vitalizing parts of the body which usually are almost dormant. If every individual would practice Dormant Walking for five minutes each night just before retiring we would hear less complaints about

FIGURE TWO

poor circulation, fallen arches, headaches, cold feet, flat feet, nervousness, insomnia, constipation and many other troubles.

Directions—The function of this exercise is to walk on the toes, keeping the heels off the ground at all times (*Figure 1*). Step off with the left foot, as your toes touch the ground (*Figure 2*), push back

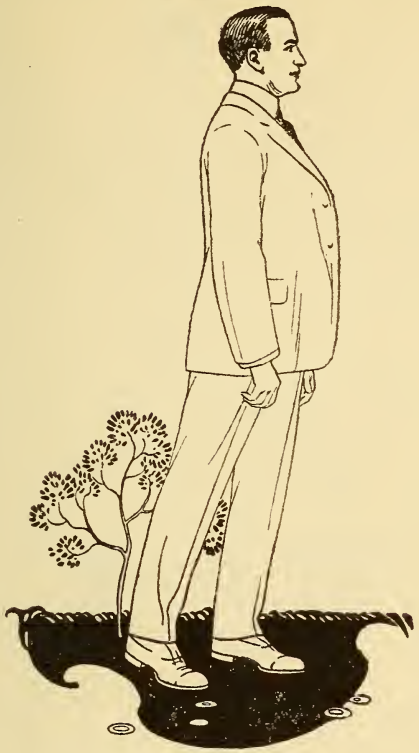


FIGURE THREE

the relaxed left knee so that the entire left leg is unbent (*Figure 3*). Then push back the relaxed right knee as the toes of the right foot touch the ground (*Figure 4*). Keep walking on the toes, and continuously practice the pushing back of the knees as you step. This straightening of the knee will give a certain spring to each step; this elasticity of move-

FIGURE FOUR

ment is exactly what is required. Hold the body erect, walk rapidly, and swing the arms freely while practicing Dormant Walking.

Breathing Directions—Inhale three sniffs for three steps, exhale forcibly at the fourth step, inhale three sniffs for the next three steps, and exhale as before at the fourth step. Sniffing and exhaling must be continuous while you practice Dormant Walking, no laughing, talking, or mouth breathing should be indulged in.

CHAPTER VIII

FOR SCHOOL TEACHERS AND INDOOR WORKERS

The deserving teacher. Vitalic Breathing a weapon against nervousness and irate parents. Vitalic Breathing a mental stimulus for children. The school lunchroom. The devitalized indoor worker. Do more than eat at the lunch hour — walk — breathe. Live sanely.

School teachers and women who work indoors commonly suffer from the effect of improper breathing, poor ventilation and insufficient exercise. These devoted women deserve the good health that Nature is ready to give everyone.

If there is any profession in America that should be well-remunerated, it is that of a school teacher. The average teacher is a father, mother, guide, and teacher all combined.

The teachers in our schools are loyal, conscientious, devoted workers. They are true, patriotic, unselfish Americans, endeavoring to

do all in their power to the utmost extent of their ability to promote the mental, moral and physical advancement and welfare of the boys and girls entrusted to their care.

Parents, do you properly appreciate and sympathetically realize the trying, arduous tasks and problems which confront the teacher day after day?

The Problem of the Teacher
Do Your Part to Help Her

In schools all over America are children who reflect the actions of a careless mother, an indifferent father, a loveless, inefficient home. Through this lack of proper training and wrong home environment children sometimes become unruly, careless, and even vicious. When this type of children fail to pass examinations and are disciplined for lack of good deportment, instead of guiding and advising the children, the parents quite often become indignant, and rush off to the school to interview the principal or berate the teacher.

Little wonder then that the nerves and health of teachers suffer, when such conditions exist, and how essential it is for teachers to have perpetual poise and normality to

maintain health and equilibrium under such harassing conditions.

If every school teacher in America, both men and women, would master the science of Vitalic Breathing and practice it faithfully for a short time each day, what a giant bulwark would soon be created against nervousness, fatigue, and disease.

Then by instructing their pupils, how quickly would the health and efficiency thus generated reflect in the children concerned! Sickly, morbid little ones would become lively and happy. Dull minds would develop into active intellects; gone would be the majority of children's diseases because where Vitalic Breathing is practiced disease does not thrive.

What a glorious opportunity is offered to the teachers of this great country! It is in your power — teachers of America — to conquer disease and fatigue, and to spread the truth of Vitalic Breathing all over the land.

The Simplest Way Is the Best
Nature's Remedies All Are Natural

Do not pass up Vitalic Breathing because it is so simple. Test Nature's own breathing system and, later, when you wonder and rejoice at the reward it brings you, then in

turn teach those little ones who look up to you as their advisor. Only great good and happiness can result.

Here is a seven minute daily schedule which will help to banish disease and lung fatigue from the children of America:

One minute devoted to the Upper Breath.

One minute to the Internal Breath.

Two minutes to walking while practicing Vitalic Breathing.

One minute's running while practicing Vitalic Breathing.

One minute devoted to the Vitalic Sway.

One minute's practice of Dormant Walking.

These exercises must be done exactly as outlined and explained elsewhere in this book. Remember to inhale and exhale always through the nose. There should be no laughing, talking or mouth breathing while executing these exercises.

Danger in Overheated School Rooms
Food in Lunchrooms Must Be Right

Give these exercises every school day in the year, inside if necessary, but in the open air if possible. Ventilation of classrooms should be by means of the windows.

The overheating of rooms during cold

weather is a serious menace to the health of pupils and teachers, and it is a sad reflection on many school heads that such unhygienic conditions are prevalent in schools all over the country.

Where lunchrooms are installed in schools the greatest care should be given to the kinds of food offered for sale. In Alfred W. McCann's book, "Starving America," you may read that over 400,000 children are prematurely killed in America every year by improper food. This statement is amply substantiated by facts and statistics. Accordingly study the many phases of inharmonious and harmonious food combinations. Read the newer books on this subject and benefit by the modern discoveries in this all-important, ever-present subject.

From my experience with diet I strongly favor but two types of school luncheons.

First — A bowl of thick, nutritious meat and vegetable soup with several slices of coarse whole wheat bread. Such a luncheon is not acid-forming when eaten by itself, and will afford ample nourishment to any boy or girl, man or woman.

Second — This luncheon may be alternated with a milk and whole wheat bread and meat

or cheese sandwich — one or two generously large sandwiches, supplemented by a large glass of pure milk. Any kind of well-cooked, tender meat may be combined with the coarse bread. Only the plain domestic or imported cream cheese should be eaten.

The soup and bread luncheon could be given on one day, and the milk and sandwich luncheon the following day.

Never supply any other foods or drinks with these noon lunches. Gas, fermentation, and indigestion may result.

Especially avoid:

Pastry
White flour, crackers and bread
Candy
Pickles
Raw fruit, except apples as permitted
Preserves or cooked fruit with sugar added
Tea, coffee, cocoa, soft drinks.

If a dessert must be given with either of these lunches choose:

Vanilla or chocolate ice cream
Apple pie or apple cake
Baked apple *without* sugar
Raw apple with soup luncheon only
Raisins, figs or dates.

If this food list is strictly adhered to in connnection with the Vitalic Breathing exercises, there is laid the foundation of health and efficiency for the men and women of tomorrow.

Teachers, the nation places its greatest treasures under your guardianship. These little minds that must be moulded, trained, and drilled by you, are the future judges, ministers, teachers, leaders, parents, statesmen, and presidents. Then see to it that you teach not only the ordinary subjects, but that you also impart to your charges the wisdom of keeping always well by proper eating and Vitalic Breathing.

Problems of Indoor Workers
A Few Simple Rules to Follow

Many saleswomen, stenographers and indoor women workers suffer from indigestion, headaches and lack of vitality. These conditions usually are the result of inactivity, improper eating and incorrect breathing. They may be readily overcome by adopting a sensible method of living. Follow the directions systematically as outlined here and you may be efficient, well and happy.

Be sure to drink one or two glassfuls of

cold water after arising; take a few minutes of breathing and stretching exercises. It is not necessary to take the stretching exercises unless enjoyed, but they are most helpful if practiced regularly. Then apply cool water to your body by a spray shower or by means of a sponge. Then a vigorous rubbing with a heavy towel and, presto! a few minutes later a thoroughly alive, dynamic person is ready for breakfast. A large portion of hot or cold cereal with milk or cream is the ideal breakfast for the indoor worker. A little sugar may be added if craved. Fruit in its natural form, without additions may be alternated with the cereal breakfast, but never take acid fruit with cereal milk or sugar. Then thoroughly wash the gums and teeth with a fairly stiff, wide toothbrush covered with an ample quantity of tooth powder. Thoroughly brush or scrape the tongue as well.

As you leave the house begin to practice Vitalic Breathing. Step off vigorously and sniff in three times for three steps; then exale forcibly, covering the next two steps. Inhale and exhale through the nose always, never through the mouth, and make the sniff breathing continuous. Walk at least five minutes every morning before taking a car or entering

your place of business. This five minute walk with sniff breathing is absolutely essential to your health, and will tend to keep you fit. Keep your body well erect during your morning walk. In the forenoon if you have the opportunity breath in sniffs for a minute or two.

Make Good Use of the Lunch Hour
Eating Isn't All You Have to Do

If you leave your place of business for luncheon, get another brisk walk of five or ten minutes' duration, while practicing Vitalic Breathing.

If you take luncheon in the building where you are employed make it a life habit to breathe in sniffs for at least three minutes some time during your lunch hour.

The ideal luncheon for an indoor worker in winter is a large portion of thick nutritious soup with a few slices of buttered whole wheat bread. You may add eggs, cheese or a small portion of well cooked meat, but the thick soup and bread provide all the energy required to keep you well and strong.

If you crave fruit, apples, pears or raisins are advised.

During hot weather your luncheon gen-

erally should be free from meat and pastry. A salad of sliced tomatoes and lettuce served without vinegar is most desirable. Several slices of buttered whole wheat bread may also be taken. An ideal luncheon for hot weather is a large portion of watermelon. This supplies bulk and roughage, satisfies hunger and does not burden the body with acid or toxins.

For your evening meal you may eat liberal portions of any well cooked foods, but do not overeat.

Try the Daily Evening Walk
It Will Work Wonders for You

And now comes one of the most important items of correct living, a brisk walk of ten to thirty mintues or more duration, breathing in sniffs the entire time. This evening walk must be taken every night in the year. No matter if it is raining cats and dogs, bundle yourself up and take your walk. Whether it is hot or cold, cultivate your will power to insist on your evening hike. Let nothing interfere with this walk and breathing exercise, and you will be well repaid by increased efficiency, vitality and good health. Half an hour to an hour after eating is the best time for your hike.

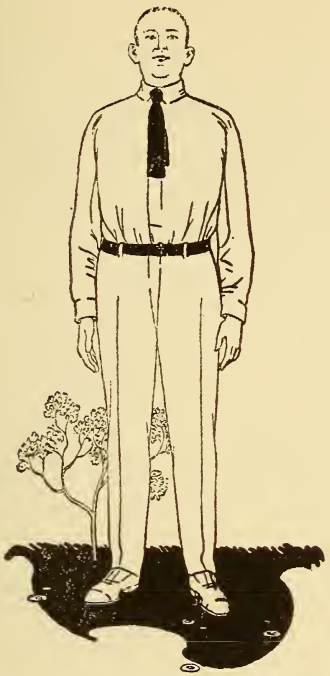


FIGURE ONE

This is an incomparable breathing exercise that works wonders in developing lung power. It is also most useful in correcting catarrhal deafness. Ordinary goitre, too, is often benefited by the practice of the Upper Breath.

Directions—Exhale, stand erect with arms loosely extended by the side (*Figure 1*). Raise your

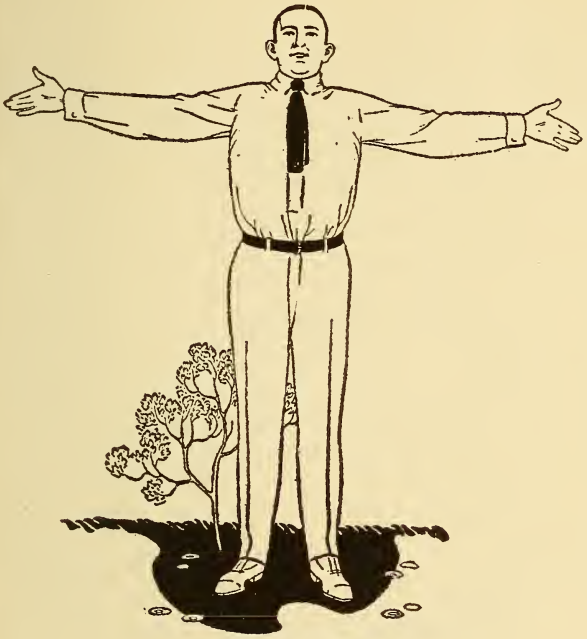


FIGURE TWO

arms and begin to breathe in sniffs. At the third sniff have the arms extended at right angles to the body (*Figure 2*). Raise the arms higher at the fourth sniff, and at the fifth sniff lock the index fingers above the head (*Figure 3*). Hold the full inhalation for a second or two, then unlock fingers and bring arms rapidly down to the sides, while exhaling through the

FIGURE THREE

nose. Repeat this Upper Breath about twenty times every morning and evening. Results from this exercise will be found most beneficial, particularly to women and men of middle age and beyond.

CHAPTER IX

SINEW OF THE NATION

Military training healthful. Value of Vitalic Breathing in military training. Sniff, sniff, sniff, the boys go marching. Vitalic Breathing and vigorous exercise.

The young men of America are the sinew of the nation. If they are sound, fit and efficient the future will be in safe hands.

The World War demonstrated the value of military training in a most profound manner. Hundreds of thousands of young men, slouchy in posture, soft muscled, undisciplined, were speedily transformed into erect, strong, dynamic, disciplined soldiers. This transformation was brought about by exercise, wholesome food, and rational living methods.

The Army Teaches Men How to Live
Universal Training Would Be a Boon

The millions of former soldiers today in civil life all over America, who had the advan-

tage of a military training, are better men and more efficient citizens as the result of such training.

From an economic standpoint the bettered health and the expected longer span of life superinduced by military training will compensate by increased earnings of these millions of men to quite a degree for our present tremendous national debt.

In the army men are taught how to stand, walk, run, exercise, and bathe. They are instructed in all the essentials of personal hygiene. The danger of contracting venereal disease is almost daily impressed on their minds, and it is only through our high schools, universities, and military instructors, that we can ever hope to emancipate the human race from the leprous contamination of sex diseases.

The Discipline of Military Training Will Be a Valuable Asset Through Life

Discipline, too, is a vital part of military training, and I am sure a little discipline will prove a very good asset all through life for those of us who were fortunate enough to have received it in the Army or Navy.

Universal training along military lines

should be made a part of the education of every physically fit youth in America. This training is not necessarily to make our boys soldiers, or to develop our young men into militarists. Such is not the intention of universal training; it is simply to teach, under strict discipline, the value of systematic exercise, the manner in which the body should be cared for, and the necessity of living a clean, regular, simple life. All these essentials for the betterment of body and mind are imparted by regular military training. God speed the day when such training will be made compulsory for the young men of America! It is pleasurable to note that the State of New York has begun the compulsory training crusade for the youths of the Empire State.

Vitalic Breathing Should Be Made A Part of West Point Education

When Vitalic Breathing is officially made a part of the officers' training at West Point, what a world of good it will accomplish, especially with the newcomers! The long marches and drills will not prove tiring when Vitalic Breathing is practiced; doubling around the drill grounds will not make a rookie pant for breath and force him to breathe through the

mouth. On the contrary, little or no lung fatigue or shortness of breath will be in evidence after running when Vitalic Breathing is practiced. And later when every American soldier and sailor is initiated into Nature's method of breathing, not only fatigue, but disease, too, will dissipate, for Vitalic Breathing is both fatigue and disease-preventing.

Many former soldiers who have mastered Vitalic Breathing declare that its practice would reduce to a minimum the falling out of the ranks of men who had become physically exhausted through lack of knowledge of proper breathing.

A Simple Test to Prove the Value of Vitalic Breathing in the Army

It is simple to prove the worth of Vitalic Breathing in military training. Provide two squads of men; instruct one of these groups to practice Vitalic Breathing while marching or hill-climbing, the other squad to breathe in the old-fashioned way. Let both squads work continuously for two hours under the same stress, and the condition of the men at the expiration of the drill will provide the answer.

The men who have practiced Vitalic Breathing will be in fine shape physically and

mentally. The tired feeling and exhaustion induced by wrong breathing will not bother these men. Therefore, Vitalic Breathing should be included in the training of every soldier and sailor, and the best of it all is that it takes but a few lessons to master the essentials of breathing Nature's way.

Vitalic Breathing Makes Work Easy Try It, You Hewers of Wood

In every industrial and agricultural pursuit Vitalic Breathing will make work easy.

While digging, inhale deeply or take two short sniffs as you push the spade into the ground; exhale when you withdraw the spade preparatory to the next digging process. Never breathe through the mouth while digging. Vitalic Breathing enables you to dig with considerable rapidity at a minimum of lung fatigue.

Shoveling snow and coal usually is best performed by alternate inhaling and exhaling while you work.

In rowing a boat, bicycling, and in all kinds of work Vitalic Breathing is most beneficial as a preventive of lung fatigue.

Factory managers and doctors of industrial medicine will find that Vitalic Breathing,

when properly used, is capable of tremendously increasing production, efficiency, and health.

THE BENT-ARM THRUST

FIGURE ONE

Strong arms and well developed shoulder muscles will result from the daily practice of this exercise.

Directions—Stand erect, heels about ten inches apart. Bend the arms at the elbows, keeping hands extended upward (*Figure 1*). Thrust the arms three

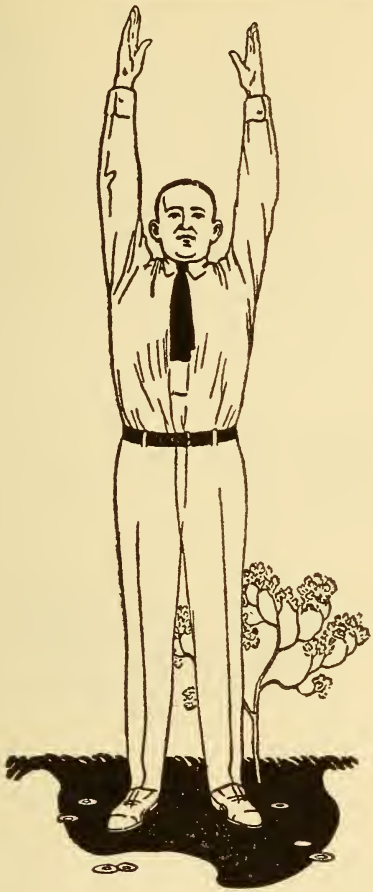


FIGURE TWO

times forcibly above the head (*Figure 2*). After each upward thrust, return to number one position. Now elevate the bent arms on line with the shoulders (*Fig-*

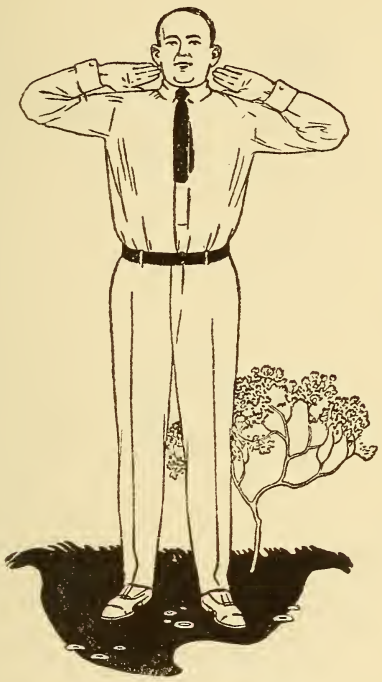


FIGURE THREE

ure 3), then chop three times from the elbow straight out to the sides. Then thrust the arms three times forcibly to the front of the body (*Figure 4*), return to figure number one, only that the bent arms are raised to the height of the shoulder and the hands are ex-

FIGURE FOUR

tended toward the front, elbows back. (*Figure 5.*) From position number 5 thrust the hands three times forcibly downward. Do not move the feet during the execution of this exercise. Keep the head square to the front, and do not follow the movements of your

FIGURE FIVE

hands with the eyes. Each thrust must be powerful and vigorous.

Breathing Directions—Continuously inhale deeply while thrusting, and forcibly exhale while withdrawing arms preparatory to beginning new thrust. Inhale and exhale through the nose.

CHAPTER X

TAKE THOUGHT WITH FOOD

Eat to live, not live to eat. Eat wisely — not too much. When not to eat fruit. Wrong food curdles the disposition. Get acquainted with your stomach. Treat it as a friend.

Food is the nutriment which goes to support life. Proper food will be suitable for assimilation by the organism of the body.

Take thought of your food. Nature supplies it to man in endless variety and form and suited to every taste. Eat wisely. Learn what food does to you. The man who would get very angry if the wrong sort of oil were put in his automobile engine often puts in his stomach food that isn't suited to his bodily engine. Is not your body more important than your motor car?

Most foods are good and wholesome, unless taken in excess of the needs of the body, when they develop dangerous toxins. Inharmonious mixtures of food contribute largely to the ills and discomforts of humanity.

We are intelligent in almost everything we do except in eating. Even our most cultured and educated men and women develop a surprising ignorance at the dining table.

Three or more times a day a tremendous quantity of food is forced into the stomach, usually insufficiently masticated and inharmoniously combined.

Almost every day we read of prominent men and women dropping dead from acute indigestion, after partaking at a banquet of a dozen or more wrongly combined, gas-forming, blood-poisoning viands.

When Appetite Is in the Saddle Discretion Is Left at the Roadside

Today almost every person is eating wrongly. We do not wish to eat properly because we are ruled by appetite instead of by natural hunger. We have not sufficient will power to resist the lure of temptingly prepared food as is served nowadays. Unhappy results alone will teach us the fallacy of overeating and eating these inharmonious food combinations that injure health and cause inefficiency.

In sickness food regulation, not drugs, should be the first thought of the doctor.

The medical world is rapidly recognizing the part that food plays in health and disease, and, when this is universally acknowledged and properly understood, many of the ailments of the human race will vanish.

Since prohibition went into effect doctors have become busier than ever. The reason for this is that we are consuming more sweets and soft drinks, which cause as much bodily disorder as ever was caused by beer or light wines. Light wines and beer combine perfectly with almost every kind of protein, starch, and fat. But pure water is a beverage superior to any manufactured decoction.

Are Delights of the Table Worth the Toll of Poor Health?

I have spoken to many people regarding proper eating and often I get this reply:

"My life would not be worth living if I could not eat all the good things to which I have become accustomed."

Others have said:

"I would sooner be dead than deny myself the pleasure of all kinds of food."

So you see how we have become abject slaves to food, many of us even preferring death than to change from wrong eating.

We need more men of the type of Alfred W. McCann, who has been a pioneer, persistent, and diligent fighter in the battle for pure food. Most of us do not realize the important work that he has performed. In spite of prejudice, ignorance, and opposition, Mr. McCann has zealously labored, wrought and fought for the welfare of humanity, and now his efforts are being universally recognized and crowned by well-merited success. I take great pleasure in suggesting that Mr. McCann be enrolled as a member of the Hall of Fame, as his unselfish lifesaving work merits this honor.

Here are some food don'ts which, if carefully followed, will work wonders in freeing you from unhealthy stomach conditions.

When You May Eat Fruits And When You Should Avoid Them

Don't eat any acid or subacid fruit with any other food; in most stomachs they do not digest properly when mixed. Especially do not eat fruit with milk, ice cream or vegetables. Fruit goes through a short form of digestion in the stomach, so fruit only should be eaten one hour before or two hours after eating other foods.

When acid fruits are consumed with starches, proteins and fats discord begins almost immediately and the entire mass of food in the stomach may soon develop into an indigestible, fermenting combination dangerous to health. Sugar fruits may be taken with safety with proteins, fats, and starches. Sugar fruits are perfectly ripened bananas, dates, figs, and raisins. Most all other fruits come under the standard of acid or subacid fruits and never should be eaten with other food of any kind.

There is probably one exception to this rule, the apple. The apple will combine with almost every food, milk and ice cream excepted, and if you must have acid fruit with your meals, choose the apple. The pear is also a permissible fruit in combination with other foods. Fruit is Nature's own food and medicine. When taken by itself as a food unit, it proves one of the greatest blood-purifiers on earth. It cleanses the upper intestine, and also is an excellent preventive of constipation.

If every person would take acid or subacid fruits exclusively for breakfast the health of humanity would soon improve. But, in our ignorance, fruit, one of Nature's greatest gifts to man, is eaten with other foods and,

instead of benefiting us immeasurably, harms us considerably.

Sugar or milk should never be mixed with acid or subacid fruits. Such a combination ferments and forms alcohol in the stomach. Stomach pains, which develop an hour or two after your morning grapefruit sprinkled with sugar, are simply Nature's method of warning you that such a combination is decidedly harmful, but you never attribute these pains to sugared fruit. You imagine you have stomach trouble, so you drop in at a drug store to procure some tablets to cure your indigestion.

During strawberry time the prevalence of skin irritation among those who consume berdies with milk or sugar should be sufficient warning that such a combination is harmful. Even stewed fruits, apples, rhubarb and prunes, are more healthful if no sugar is added. The usual sugared preserves are chronic disease breeders and stomach disturbers.

Milk Is Nature's Best Food
But Be Sure You Use It Rightly

There is no better food for normal child, woman, or man than milk, rightly used, but

care must be exercised in choosing harmonious associate foods with the milk. Milk does not combine with all vegetables. The potato combines perfectly with milk or cream. Use butter and flour for sauces and avoid the possible inharmonious blending of cream sauces for vegetables.

Meat eaten once or even twice a day in moderate quantities is of the first importance. For well persons there is really no important difference between the action of red meat and of white meat, providing the cooking has been thorough.

White flour bread is simply the starch of the wheat berry, the other valuable parts having been eliminated. Insist on getting whole wheat bread and you will get Nature's perfect food, starch, husk, salts, bran, roughage, lime, and minerals. Whole wheat bread is now obtainable in almost every town and city.

The tired, irritable, sensitive disposition results from wrong eating. Drugs will not cure this state. Only a change to proper diet will supply the tonic to remove these morbid conditions. Many people who lack self-confidence, who cannot concentrate, who feel tired on arising in the morning, who lack enthu-

siasm and vitality, are suffering from a deficiency of certain necessary body elements which may be derived from food alone.

Eat plenty of fresh green vegetables when in season, but use salt sparingly, as it retards the digestion of raw vegetables. Also eat well-cooked vegetables every day in the year.

Ice cream combines with meat, potatoes, bread, and plain desserts. It does not harmonize with acid or subacid fruit or with many vegetables. Plain chocolate or vanilla ice cream is the safest and best.

Excessive Use of Candy Is Bad
It Will Upset Any Person's Stomach

Candy is the cause of much stomach trouble. Two or three pieces of candy a week should be your limit. Candy intemperance is just as destructive and harmful as whisky drinking. It is bound to get you in the end. It is taking these things to excess that generates the trouble.

If we could be temperate in our appetites we could safely consume a little candy now and then. But a little only whets the perverted appetite for more, and half a pound or a pound of rich chocolates are often swallowed during an evening. Nature will make

you pay for such folly sooner or later, usually sooner. You will have to settle the bill in full.

Well-cooked broiled, boiled, or baked fish is healthful and desirable.

Eggs boiled or scrambled are more digestible than hard-boiled or fried eggs. Eggs are a wholesome food, rich in body-building and nerve-nourishing substances — although they could not be depended upon to nourish the body if all other foods were excluded.

Plain domestic or imported cream cheese is a dependable, strength-imparting food.

The three most commonly used foods that are positively detrimental to health are potatoes, white flour and candy. In his book entitled "Eating to Live Long," Dr. William Henry Porter, a famous authority on diet, says:

"People who eat heartily of super-starchy foods also exhaust their available oxygen supply before the more difficult task of oxidizing the proteid is accomplished.

"For this reason I have found it necessary to exclude potato from the dietary, not because it is indigestible, but because it is too digestible. For the starch of the potato is probably the most easily digested of all

starchy forms. This is just where the trouble arises.

"The potato is so easily assimilated that it uses up most of the oxygen, and there is not enough left to oxidize sufficiently the proteic molecules. I have any number of patients who, if they eat potatoes at the night meal, will have an over-production of uric acid the next day.

"Another pertinent reason for eliminating the potato from the dietary is that many people who eat potatoes want them three times a day, and they want them fried — which is piling Ossa upon Pelion. Fried potatoes only add to the diet an extra amount of fat, which also has to be oxidized. This naturally increases the tendency to starchy indigestion."

Right eating and drinking is well worth your sincere, zealous, painstaking investigation. Eat as few things as possible at one time. Do not eat any food between meals. Find out by actual experiment the various foods that combine and suit your own particular stomach, then ever afterward you will have little or no bother in avoiding the food combinations that cause trouble, always remembering it is not the quantity of food you eat that counts.

FIGURE ONE

Promotes resistance to disease and nervousness. Stirs up the blood and stimulates the nerves.

Directions—Stand erect, heels about twelve inches apart. Inhale fully and expand the chest. Strike sharply the walls of the chest with the palm of each hand (*Figure 1*). At the same time trill loudly with the voice, the sound of a rolling R. This sound

Mr. Gaines before he had devised, perfected and adopted Vitalic Breathing.

FIGURE TWO

is produced by elevating the tongue and placing the tip close behind the upper front teeth. Now bend over to the front with unbent knees, and inhale deeply. Place the clenched hands behind the back and strike sharply with the knuckles up and down the spine (*Figure 2*). At the same time continue to trill with the voice. If it is impossible to master the voice trilling, simply make the sound "ah" as in father. Practice this exercise a few times daily.

Breathing Directions—On account of using the voice, ordinary breathing is to be practiced with this exercise.

CHAPTER XI

GOITRE AND PYORRHEA AND CONSTIPATION

Vitalic Breathing and proper eating conquer them. Chronic colds and catarrhal deafness banished with a sniff. Bowel regulation through food and exercise.

Scores of my pupils, sufferers from simple goitre and from pyorrhea, have been benefited, and many absolutely cured, by the practice of Vitalic Breathing, coupled with proper diet.

If you are a sufferer from any of these, avoid strong tea, coffee, cocoa, candy, white flour bread and pastries. Walk half an hour daily, breathing in sniffs. Take six minutes of exercise every morning and each evening.

Do this as follows: For two minutes practice the Upper Breath, for two minutes the Vitalic Sway, for one minute the Internal Breath and for one minute the Vibration Breath. Within a few weeks a decided improvement will usually be noticed; per-

fect correction should be eventually brought about. In cases of an ordinary goitre, cold applications, ten minutes night and morning, will shrink externally the loosened skin as the goitre dissolves internally from the effect of the breathing exercises and simple diet.

It is an essential to be free from constipation while taking the exercises to eliminate goitre and pyorrhea. Consult your dentist and see that you have no pus formations around the margin of your gums. Also that all mechanical causes of pyorrhea are removed by proper instrumentation, followed by local prophylactic measures.

Pyorrhea is on the increase. It is wonderful how quickly it will disappear when you adopt Vitalic Breathing and proper eating. Within one week your dentist will be amazed at the improvement, and a few months later, if you faithfully keep up your breathing and proper eating, you should find the pyorrhea has disappeared.

Diet and Proper Exercise Are Nature's Remedies for Chronic Colds

If you have a chronic cold or cough, with considerable nasal and throat discharge and fever, it is simply the voice of Nature saying:

"Stop eating, stop eating; why can't you see that your blood is overcharged with waste matter and poison?" When you endeavor to dry up catarrh or to stop a cold, you may be in reality trying to overcome a perfectly natural attempt on the part of the body to get rid of poisons. *Remove the cause of the catarrh* and the cold and the organic poisons will leave your blood, and Nature will cease plagueing you with such symptoms.

Five minutes' daily curative exercises will be found most beneficial in eliminating or preventing colds and rheumatism. Execute the Upper Breath for two minutes, the Internal Breath one minute and the Vitalic Sway two minutes.

Walking for half an hour each day, practicing Vitalic Breathing, will prove a great aid to ridding you of these symptoms.

But above all, avoid too much starchy foods and sweets. Contrary to the usual belief moderate meat eating is not conducive to rheumatism. Fallen arches, producing various pains, are often attributed to rheumatism. Have your shoes fitted to proper arches if you are bothered with pains in the thighs, calves of the leg or knees. Then practice walking on the toes and other similar exer-

cises until you have restored your feet to normal. (See Dormant Walking Exercise.)

Correct posture is advised if you suffer from colds or rheumatism. Mouth hygiene must also be rigidly observed. Brushing thoroughly the teeth, gums and tongue twice daily is essential for a cure.

Catarrhal Deafness Often May Be Routed By the Practice of Vitalic Breathing

Very many cases of catarrhal deafness will show quick improvement when Vitalic Breathing is practiced. If you are troubled with defective hearing or have ringing noises in the head, take one hundred Upper Breaths each day. Twenty-five such breaths are to be taken four times per day — in the morning, about noon, in the afternoon, and at night. Walk one hour each day while practicing Vitalic Breathing. A brisk walk is the best.

Even men, women and children who have been deaf from birth may often benefit by adopting Vitalic Breathing. The writer suffered from catarrhal deafness in the left ear for several years. This condition was intensified by constant roaring, buzzing and ringing noises. On arising in the morning both

ears were frequently stopped up for half an hour, and even the ringing of adjacent church bells or the ticking of a watch held close to the ear was inaudible.

When I discovered that food was the cause of my deafness I determined to experiment and find the foods that were most to blame for the trouble. After a year of experimentation I was rather confident that my defective hearing was due to my fondness for potatoes, which by stealing the available oxygen from the system deprive the body of the power to completely oxygenate the proteid elements in the food — thus increasing the formation of uric acid. Ever since boyhood I had been a pronounced potato eater, consuming on an average of three good sized tubers every day. The second morning after leaving potatoes out of my diet found my ears in a greatly improved condition, the stopped up condition was not so noticeable and the head noises had diminished.

I abstained almost totally from potatoes for several months, and a great improvement in my hearing resulted. The ringing noises too had reduced probably seventy-five per cent. Today my deafness has disappeared, the ringing noises rarely bother me at all.

Occasionally, if I am intemperate in eating, Nature gets busy with the head noises to warn me that I have transgressed her laws.

Necessity of Toilet Facilities
Constipation and Its Cure

The greatest mistake in hygiene made in almost every home is that of limited toilet accommodations. In every house and apartment there should be two or three toilets. People leaving home at the same time in the morning tax the usual scant toilet accommodations, preventing proper attention to the evacuation of the bowels, and as a consequence quite often the call of Nature is stifled and in almost every neglected case constipation sets in. It may even produce appendicitis and other dangerous troubles.

Laxatives will not cure constipation. They should be used with extreme caution, and only when absolutely necessary. Constipation in nearly every instance may be corrected quite easily and quickly by adopting corrective food and necessary exercises.

Eliminate white flour products such as white bread, crackers, and pastry, from your diet. Substitute whole wheat bread, not bran bread or gluten; just the genuine heavy solid

whole wheat bread. If impossible to procure whole wheat bread take a table spoonful of bran every day in a little warm water or cold milk. String beans, lettuce, celery, cabbage, turnips, onions, spinach, greens, radishes, are useful vegetables in the curing of constipation.

These Fruits Will Combine Well With Almost Any Proper Food

Apples, pears, dates, figs and raisins are the safest fruits to use, as they combine well with all other foods. The juice of an orange also is useful, but care must be taken that no sugar, milk or ice cream is used for at least two hours before or one hour after taking the orange juice. Such a combination is not proper for your stomach and should be avoided. At least four or five glasses of water should be consumed daily.

A glassful of hot water directly after eating breakfast, luncheon and dinner, also before retiring, will be found quite effective.

Above all, you must walk briskly half an hour each day and practice Vitalic Breathing while walking. A few minutes' run daily is also most excellent. The Vitalic Sway exercise is helpful in cases of sluggish bowels.

Many of my pupils have found the following exercise of almost instant benefit in relieving constipation:

While seated on the closet stool, with body held erect, place the left leg across the right knee. Inhale in sniffs until lungs are packed. Hold breath and grasp edges of closet seat or any other convenient projections. Now forcibly pull upwards while holding the breath. Keep up the pulling strain for five to ten seconds, then exhale as you relax from this upward pulling. Again pack the lungs and place hands on the top of closet seat, and push down strongly and forcibly while holding the breath. Keep up this pushing strain from five to ten seconds, then relax and exhale as before.

Often the placing of the right leg across the left knee brings desired results speedily.

The pushing and pulling may be alternated by grasping both ankles firmly and endeavoring with all your strength to separate the ankles from your grasp.

Make it a life custom to evacuate the bowels every night before retiring. Composed and restful sleep will result.

THE OBESITY BEND

FIGURE ONE

This is excellent for reducing corpulence in the abdominal region. Also strengthens the muscles of the back and abdomen.

Directions—Stand erect, heels about twelve inches apart. As you bend over directly to the front, elevate the right arm as high as possible, at the same time touching the floor with the left hand (*Figure 1*). Keep the eyes fixed on an object between the feet

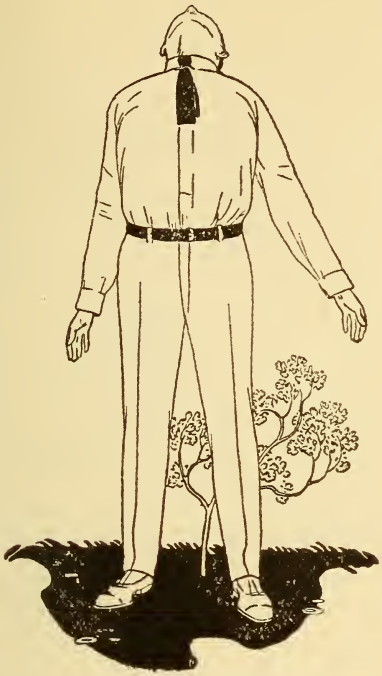


FIGURE TWO

while the body is bent over. One knee may be slightly bent. Now straighten up and bend backward, as far as possible, but of course not endangering your equilibrium (*Figure 2*). Maintain that position for a moment, and bend over as before, touching the floor with the right hand, and at the same time elevating the left arm as high as possible (*Figure 3*); then straighten up to position 2; continue this exercise for a

FIGURE THREE

few minutes. If you are extremely fat, devote a two-minute session three times daily to this bend.

Breathing Directions—As you bend over (*Figure 1*), inhale deeply, hold breath while you straighten up (*Figure 2*). As you bend (*Figure 3*), exhale through the nose, then inhale and hold breath, and return to Figure 2 position. Then as you bend to Figure 1 position, exhale and take a deep breath as before.

CHAPTER XII

ASTHMA, CATARRH AND INFLUENZA

Asthma the result of improper breathing. Catarrh curable only by hygienic methods. Burn up the poison with fresh air. Vitalic Breathing an influenza preventative.

Vitalic Breathing has effected many remarkable cures in cases of asthma. Scores of my pupils have been completely relieved of long-standing cases by Nature's way to health.

Asthma is a trouble usually resulting from improper breathing. An immediate change for the better will often be apparent within forty-eight hours after Vitalic Breathing is practiced. Even the most chronic and long standing cases will sometimes yield to this simple treatment.

Do not attempt long breathing periods if you are afflicted with asthma. Use three to five minute walks to begin with, which gradually may be extended. Regulate your

food and observe proper hygiene if afflicted with asthma. Cleansing the tongue and proper posture are helpful essentials.

If you start your breathing exercises in cold weather practice the Upper Breath indoors for a few days to begin, then very carefully inhale the outside cold air. This preliminary inside air inhaling will strengthen the diseased respiratory tissues before they are subjected to the intense outside cold air.

The Stubbornest Cases of Catarrh Will Often Yield to Vitalic Breathing

Catarrhal troubles indicate that your bodily machine is out of order. Improper breathing, excessive use of starchy foods, lack of fresh air in the home contribute to catarrhal conditions.

Catarrh is curable only by hygienic methods, and it is silly and even dangerous to use drugs and washes in its treatment. As long as you suffer from catarrh, it shows that Nature is pouring out the waste matter brought about by wrong living.

Millions of people in the United States to-day are trying to cure catarrh by impossible methods. They forget that the catarrh is but a symptom of a cause, and it is utterly

foolish to try to remedy a symptom without destroying the cause. A few weeks of sane eating, combined with the practice of Vitalic Breathing, while walking, will usually banish catarrh of even twenty years standing.

Reduced consumption of food will lessen the quantity of the mucous deposit. The increased oxygen derived from sniff breathing will speedily burn up the waste matter in the blood and very soon the catarrh will have disappeared.

Five Minutes a Day of the Upper Breath Often Will Relieve Sufferers From Catarrh

The Upper Breath is most useful in catarrh. It should be practiced for five or ten minutes daily. The conscious, vigorous sniffing, penetrating to every part of the nose and respiratory passages, will heal and vitalize all these hidden tissues.

Gently sniff cold salt water from your hand if you desire to wash out the nasal passages. Gargle your throat with cold water several times daily. None of us is entirely free from a slight catarrh of the throat, but the necessity of using a handkerchief for nasal catarrh will vanish, and quickly too, when right living is observed.

It is estimated that during 1918 more than one and a half million of people died in the United States, and probably more than one half of these deaths were unnecessary and due to ignorance of the proper way of living.

A recent magazine article stated that the influenza epidemic of fall and winter 1918-19 caused the deaths of at least half a million people in this country.

The terrible aftermath of defective mentality, deafness, loss of voice, weakness and other disasters following influenza is appalling.

Terrors of Influenza Fade When Vitalic Breathing Is Used

Neither influenza nor any kindred disease will harm you if your resisting power is at par. Why not take steps to prevent what we call disease, instead of feverishly endeavoring to cure it after its contraction.

We are informed by our *highest authorities on hygiene* that we must do certain things to avoid sickness and still the ugly fact remains in spite of *all advice,* that half a million or more valuable lives were snuffed out in the short period of six months in this country by influenza, while other hundreds

of thousands have been made a burden, dependent entirely for support upon their families.

Why should a scourge like influenza be allowed to ravage and destroy? *Medical men admit they are almost powerless with regard to it.* Judged by the death rate, this statement is true. It has been clearly demonstrated that *drugs* will not cure it, otherwise so many would not have fallen victims in so short a time.

With Human Lives at Stake
Why Avoid Nature's Own Safe Cure?

When millions of human lives are at stake, let us forget the ethics and niceties of professions. The world demands *freedom from influenza* and from every other disease. If those intrusted with the health of the people fail to find a remedy, then in the name of suffering humanity, let us turn to something else for relief.

Nature never intended that anyone should suffer from disease. She makes us suffer only when we infringe upon her laws. When we no longer do so, she will no longer visit us with plagues.

If you wish to avoid influenza, *practice*

Vitalic Breathing, for fifteen or twenty minutes daily and eat in moderation harmoniously combined foods.

It may prove of interest to state that but *one* of my pupils contracted influenza during the 1918-19 epidemics. The disease was present in almost every pupil's home, but with this one exception it failed to affect those who practiced Vitalic Breathing.

THE VITALIC SWAY

FIGURE ONE

The Vitalic Sway is the best all around stretching exercise I know of. Much benefit will follow its practice for two or three minutes daily. It stretches, stimulates and strengthens the entire body. It is particularly useful in constipation.

FIGURE TWO

Directions— Stand perfectly erect with the heels about fifteen inches apart. Bend the body and head over as far as possible to the left side. Resist a tendency to lean backward or forward by keeping the head in line with the legs. As you proceed to bend

FIGURE THREE

the body raise the right arm as high as possible well above your head and over to the left, touch your left leg as far down as possible with the left hand and raise the heel of the right foot off the ground (*Figure 1*). Then reverse the same motions to the right side

(*Figure 2*). The knees must not be bent. In all there are four motions simultaneously executed. Bending the body, stroking the leg, raising the arm and lifting the heel.

To use the Vitalic Sway as a concentrative exercise proceed as follows: As you bend the body to the left side and raise your right arm you call out loudly "one." As you bend over to the right side and raise the left arm you call "A." Swinging back to the left side you call "two," and then to the right you call "B," and so on until the entire alphabet is correctly called off. Remember the right hand represents figures and the left hand the letters of the alphabet. When you have mastered calling numbers and letters correctly then proceed to the next stage calling the alphabet backward. The first motion while raising the right hand call "one," the second motion while raising the left hand call "Z," and so on until you finish the alphabet at "A." When you have mastered the alphabet backwards then proceed to the third stage, calling the alphabet backwards and forwards. Thus, as you raise the right arm and bend to the left call "one," as you bend to the right call "A," then to the left call "two," then to the right call "Z," then to the left call "three," then to the right call "B," then to the left call "four," then to the right call "Y," and so on until the alphabet is counted and called correctly. In this fashion you are exercising your body and improving your memory.

Breathing Directions—Sniff in twice while throwing the arms to the right side, then forcibly

exhale while returning arms to the left side. Breathe through the nose only. When using this exercise for concentration purposes breathe in the ordinary fashion as you are using the mouth for speaking. Daily use of the Vitalic Sway, either with or without the concentrative exercise will soon become a daily joy.

CHAPTER XIII

HOW TO STAY YOUNG

Old age not a period of life but a condition. Proper posture synonymous with elasticity. You are as old as your spine and your mind. Regain youth with Vitalic Breathing. Right thinking, right eating, right breathing —health and happiness. Give Nature a chance.

Old age is not a period of life; it is a condition that comes to some at thirty-five or forty, while others at sixty or seventy are energetic and surpass younger men in their activities.

To grow young each year should be the ambition of those advanced in years. The first essential for retaining youth or throwing off old age if in its grip, is to banish fatigue by Vitalic Breathing and by cultivating a cheerful disposition.

Eliminate all worry and morbid thoughts. Unless suffering from a weak heart, be sure to walk at least half an hour daily; an hour would be better. On these walks Vitalic

Breathing is to be used. Do not over-eat. Eat only harmonious food combinations. You may eat meat in moderation.

Remember it is not alone the food you eat that creates strength. Much of your strength comes from the oxygen you breathe. Another source of strength is a serene mind.

If you are advanced in years, begin your body reconstruction work *very conservatively.* Do not try to walk long distances at once. Walk five minutes daily at the beginning and keep increasing as you acquire more strength and vitality.

Above all stand and sit erect, as proper posture is synonomous with elasticity and health. *You are as old as your spine;* so cultivate an erect, pliable spine.

Wear youthful clothes.

Do not coddle yourself, nor permit anyone else to coddle you.

Read the Newest Books
Get Some New Ideas in Your Head

Absorb new, crisp ideas; read the newest books and only gems among the oldest; wear new clothes; think new thoughts, stop dreaming about the happenings of fifty years ago; create an atmosphere of youthfulness about

you. Remember you are only as old as you feel.

Associate with young people and pass by those who are grouchy, morbid, complaining and ailing. Take a grip on yourself; radiate optimism, cheerfulness, health, vitality and enthusiasm. Do not talk about your ailments, if you have any. Instead, think uplifting thoughts and do not forget to laugh and smile. Remember you can be old at thirty and young at seventy. It is a matter for you alone to decide.

Stiffening and contraction cause old age. If we can avoid the shrinking of muscles, glands and tissues we will retain our youthful appearance.

We are only as old as our arteries. If we can but keep our blood carriers pliable and resilient then we will hold off old age as far as the usual withered appearance is concerned, and may add years to our lives.

The logical procedure, if you are termed old and look and feel that way, is to correct your eating. Then the practice of Vitalic Breathing while walking will help to restore your arteries to a sound condition and soon you should feel the fires of youth flaming up in your body.

Remember no physical exercises, unless thoroughly enjoyed, are necessary. Walking, hill climbing and an occasional short run will keep your body in good shape. If you do take up a program of exercises they should be systematically practiced each day.

You must always employ Vitalic Breathing while walking, hill or stair climbing or running so that the toxin of fatigue will not poison and weaken you.

Above all cultivate an erect posture; this may prove a source of extreme difficulty at first, but perseverance will win out. *A certain time each and every day of your life must be devoted to walking while practicing Vitalic Breathing. This time may range from fifteen minutes to two hours, the longer the better.* A daily gentle massage covering the entire body is most helpful in restoring suppleness to muscles and ligaments.

Certainly, You Can "Come Back" Give Nature a Chance to Help

It is better not to begin youth reconstruction work at all unless you possess the necessary will power to do it systematically and regularly every day.

If you are old, sick, weak, miserable, do

not despair. Through the power of sane eating and Vitalic Breathing you may regain health, strength, ambition and usefulness. Even the feeling of youth, glorious youth, will abide with you, if you breathe rightly and eat rightly. If you are despondent, indifferent, nervous, depressed, turn to Vitalic Breathing and proper eating, and lo! Your whole conception of life will be altered.

Give Nature a chance to help you. Remember more than 900 cases of sickness in every 1,000 are the result of *wrong eating* and improper breathing. *When you correct these faults you should get well.* It matters not how chronic your case may be, Nature, loving, kind, constructive, will hasten to your relief when you adopt her way of living. Believe in Nature, in her bounty, her generosity, her life-giving powers, her gentleness and love.

Nature weeps for you when you force her to make you ill. How patiently she strives to warn you of all threatening danger! How often do we neglect this kind advice and warning! But like a true mother she never forsakes us, no matter how we may transgress.

Nature is calling you now. Hear her say,

"Live my way and be well." What will be your answer? Indifference and despair, or acquiescence and health? Will you respond with a resolute determination to win back ambition, strength and youth? Will you pledge the devotion of fifteen or twenty minutes each and every day to walking and Vitalic Breathing? Will you maintain your will power over your false appetite so that you can resist the impulse of eating too much food?

You May Be Well, If You Will Be on the Square With Yourself

Too much stress cannot be put on right thinking and poise as a remedy and preventive of disease, but one must be reasonable even in this. If you are overeating one hour and making health affirmations during the next, you are ridiculous and inconsistent. If you are afraid to open your bedroom windows at night for fear of catching cold and before retiring kneel down and ask God to make you well, you are simply mocking the Almighty.

If instead of walking you prefer to ride in your automobile, and then go home and visualize yourself as being in perfect

health, you are doing something absurd and dangerous.

All the right thinking of a life time will not restore to normal your fallen arches. This trouble can only be remedied by exercise or mechanical means.

If you have an ulcerated tooth, right thinking will not make it well. Correct breathing and sane eating will accomplish much in that direction. However, a visit to the dentist might help.

Cultivate a Strong Will And Make Your Body Behave

If your troubles are of the mental kind right thinking probably is the best medium of regaining poise and balance. But certainly use common sense with right thinking if you are afflicted with illness. Employ Vitalic Breathing, curative exercises and eat proper food, and this combination will speedily scatter the conditions which caused your trouble.

The world owes much to right thinking. But to stay poised, strong and well, always combine your right thinking with right breathing and right eating.

Develop a strong will and you will have a

disciplined intellect. And if you have a strong intellect, your brain will function better, because it is the intellect that leads and directs the brain.

If your will power is weak and spineless, your intellect will be wavering, flaccid and non-dependable.

If the intellect understands that the will is its master, then the intellect will behave and attend strictly to business. But if the intellect recognizes that the will is easy, lenient and weak, then the intellect plays all kinds of pranks and leads the body into trouble and mischief.

When the will is dominant, there is order, poise and tranquility. When the will is not efficient, chaos rules.

Consequently, for health, poise, efficiency and freedom from fatigue cultivate a strong will and intellect, and the brain will establish proper order and conditions in the body.

To promote strength of intellect and will, drill daily in memory and will power exercises for at least three minutes. Walk half an hour every day breathing in sniffs, eat sanely and moderately. Read instructive books and magazines, and remember the salient points of what you read. Take con-

centration and visualization exercises for a few minutes each day and ask a number of your friends or relatives to criticise your faults and short-comings. Then correct them by intelligent exercises. Practice and discipline will make any sense, organ or function of the body more efficient. Five minutes daily in all for your mental exercises will accomplish wonders in sixty days.

Remember the Brain Is an Organ It Will Obey a Trained Intellect

It is absolutely imperative to real manhood and womanhood to possess a strong, commanding, forceful will, which will in turn insure a wideawake, keen, observing, constructive intellect. Your brain will then attend to the business of the body in a superior way.

Do not forget that the brain is an organ, but that it cannot itself think. The intellect does all the thinking for the brain, and thoughts are flashed over the nerves and are constructive only if a poised will directs the thinking of the intellect.

You are going backward when you begin to worry. Worry is a destroyer, a wrecker, a breaker of hearts and of homes, a shat-

terer of peace and happiness, lives and of love.

If worry could better circumstances in any way it might be profitable to worry. But worry never helps. On the contrary, if unchecked, worry drags down its victims in a net of morbidness and despair, never relaxing until they are crushed, broken and wrecked.

You Can Banish All Worry By Turning to the Vital Things

But you can conquer and banish the poison of worry from your mind. When you feel inclined to worry, quickly go to an open window and practice Vitalic Breathing for sixty seconds. At the same time supplant your morbid thought with some cheerful, uplifing one. If one minute's Vitalic Breathing is insufficient, repeat for another minute, forcing your mind to concentrate on a cheerful subject.

If you have pains, either imaginary or real, and fuss over them and talk about them, then you are making yourself unhappy and miserable. Not only are you injuring yourself, but you are infringing on the rights and happiness of those who, by force of circum-

stances, are obliged to live with you and continually listen to your endless tale of woe.

Stop thinking and worrying about yourself or anyone else. Plan out a system of breathing exercises and faithfully execute them twice a day. If you must talk to someone about your pains and troubles go out in the woods and talk to the birds. You will not annoy them, as they do not understand you.

If you have actual troubles meet them fearlessly and intelligently, and you will neutralize their sting and quickly banish them from your life.

A Word to Wives and Mothers
Let Not Worry Abide in Your Home

Wives and Mothers, how much happier your lives will become if you refuse to let worry abide in your home. The hundred and one little things that come up every day to fret and annoy you should be smilingly thrust aside. Refuse to allow yourself to become morbid, angry or depressed. Bear with your children, greet your husband with a kiss and a smile. Even if you do not feel like smiling, smile anyhow, it will please your husband, and help yourself. It is surprising

how a wife's cheerful smile will react on a grouchy husband.

Husbands you, too, may eliminate worry by Vitalic Breathing. Do not bring home your troubles and recite them to your wife and children, and make them as worried and miserable as yourself. Come home with a smiling face and a joyful heart. Be glad that you are alive, be thankful for your health and your home. Forget your business cares until the morning. Refuse to worry. If you want advice from your wife regarding your business troubles, tell her your trials but do not make an all night affair of it, and remember your wife's advice is often superior to your lawyer's.

Freedom from worry should be the slogan of every home, with father, mother, children, all emancipated from the meanest enemy of the human race. Begin to practice Vitalic Breathing. Be cheerful and determine not to over-eat and soon you will have old worry on the run.

A GLOSSARY

OF THE ANATOMICAL AND TECHNICAL TERMS USED IN THIS BOOK

Abdomen—The part of the body between the thorax and the pelvis; also, the cavity of the belly, containing the stomach, bowels, etc.

Abdominal organs—Those organs located in the abdomen.

Air vesicle—A small cavity or sac, nearly spherical in form.

Alimentary tract—The canal extending from the mouth to the anus.

Antero-posterior—Extending or directed from front to back.

Appendicitis—Inflammation of the vermiform appendix, a narrow, blind tube extending from the caecum in the lower right-hand part of the abdomen.

Artery—One of the tubular branching vessels that distribute the blood from the heart through the body.

Asthma—A disease characterized by difficulty of breathing, a sense of constriction in the chest, a cough, and expectoration.

Bronchial tubes—The bronchi—subdivisions of the trachea or windpipe.

Carbon dioxide—A compound of carbon and oxygen.

Catarrh—An inflammatory affection of any mucus membrane, in which there are congestion, swelling, and an alteration in the quantity and quality of mucus secreted. In America the term is applied especially to affection of the membranes of the nose or air passages.

Chronic—Continuing for a long time; habitual.

Clinical—Of or pertaining to a clinic, which is a school, or a session of a school or class, in which medicine or surgery is taught by examination and treatment of patients in the presence of the pupils.

Diaphragm—The muscular and tendinous partition separating the cavity of the chest from that of the abdomen.

Enema—An injection thrown into the rectum as a medicine, or to impart nourishment.

Eustachian tube—A passage from the tympanum of the ear to the pharynx.

Follicle—A small, nearly or entirely closed cavity or gland.

Gluten—A complex and variable mixture of glutin or gliadin, vegetable fibrin, vegetable casein, oily material, etc.; a very nutritious element in food.

Goitre—An enlargement of the thyroid gland, on the anterior part of the neck.

Hygienic—Sanitary; of or pertaining to health.

Indigestion—A failure of the normal changes which food should undergo in the alimentary canal.

Insomnia—Inability to sleep.

Intercostal muscles—Muscles located between the ribs, controlling the chest in breathing.

Intestine—The part of the alimentary canal lying between the stomach and the anus.

Kidney—A glandular organ which excretes urea and other waste products from the body.

Laxative—Having the effect of loosening or opening the intestines and relieving from constipation. (Laxative medicine or exercise.)

Masticate—To grind with the teeth and prepare for swallowing and digestion.

Metabolism—The act or process by which living tissues or cells take up material brought to them by the blood, or by which they transform their cell protoplasm into simpler substances, which are fitted either for excretion or for some special purpose, as in the manufacture of the digestive ferments.

Motility—Capability of motion.

Mucus membrane—The membranes lining passages and cavities which communicate with the exterior, as well as ducts and receptacles of secretion, and habitually secreting mucus.

Nasal—Of or pertaining to the nose.

Naso-pharynx—The connection of the nose and throat.

Noxious—Injurious.

Oral cavity—The cavity of the mouth.

Oxydize—To combine with oxygen, or subject to the action of oxygen, or of an oxydizing agent.

Oxygen—A colorless, tasteless, odorless, gaseous element occurring in the free state in the atmos-

phere of which it forms 23 per cent by weight and about 21 per cent by volume.

Pathological—Pertaining to the science which treats of diseases, their nature, causes, progress, symptoms, etc.

Pectoral muscles—The muscles of the breast or chest.

Pelvic organs—Organs in the region of the pelvis.

Pelvis—The cartilaginous arches of the vertebrate skeleton to which the legs are articulated, together with the sacrum.

Physiological—Relating to the science of the functions of living organisms.

Pneuma—The spiritual being intermediate between God and man.

Prophylactic—A medicine which defends against disease.

Proteid—One of a class of amorphous, nitrogenous principles, containing, as a rule, a small amount of sulphur; an albuminoid, as blood fibrin, casein of milk, etc.

Putrefaction—The decay of albuminous or other matter.

Pyorrhea—A disease marked by the loosening of the teeth.

Septum—A wall separating two cavities; a partition; as, the nasal septum.

Sinus—A cavity in the substance of the bone of the skull which communicates with the nostrils and contains air.

Thorax—The part of the body between the neck and the abdomen containing the heart, lungs, esophagus, etc.

Torso—The trunk of the human body.

Toxin—Any of a class of poisonous substances formed as secretion products of vegetable and animal organisms.

Trapezius muscle—A large muscle of the back and neck that passes from the occipital bone and the spine to the shoulder girdle.

Viscera—The internal organs.

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